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allrecipes APRIL/MAY 2014

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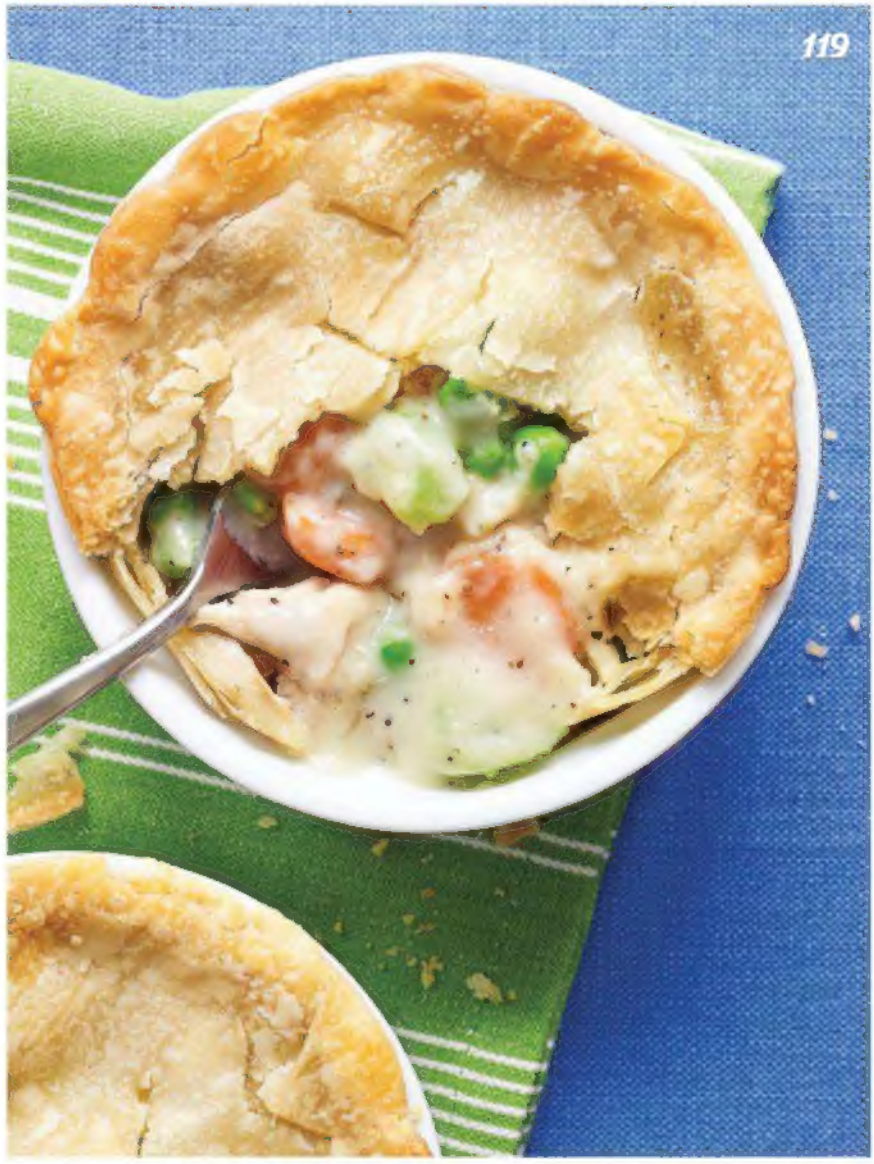

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LETTER FROM allrecipes

YOU KNOW WHAT'S ONE OF THE MOST FUN PARTS of working at Allrecipes magazine? Coming up with surprising ways to show off and package your awesome recipes. Take the Easter dessert story (page 54), for example: The team was brainstorming how to make this look unique, and we started talking about Easter bonnets, when it suddenly hit us. "Wait a minute, **make an *actual* parade, with grandstands full of candy 'spectators' and the desserts being pulled like floats!"**

When Allrecipes Allstar Wendy Skokal told us about her annual Cinco de Mayo bash, it sounded so fun that we immediately decided to put together something similar for the magazine (see page 88). **There are so many delicious Mexican recipes on the site that it was hard to choose, but we wound up with a party that *anyone* would be psyched to attend.** And yes, the photo crew did those margarita Jell-O shots at the end of the day :)

And for our pork chop story (page 66), we wanted to prove that **simple, down-home, everyday chops can look just as sophisticated and trendy as fancier recipes,** so we skipped the sides and presented them in a graphic, modern way. (It's amazing what a plain white plate and good lighting can do!) If you're sad we didn't include side dishes, don't fret—just turn to Shades of Green on page 106.

We loved playing around with all these ideas, and we think they turned out pretty well. But what do *you* think? We want to hear from you about what we're doing well, what's missing from the magazine that you'd like to see, and things you think we could improve upon. Shoot us a note at **feedback@allrecipes.com** and let us know!

Happy eating!

YOUR ALLRECIPEEPS

P.S. Don't forget to blipp! Blippar is an app that lets you use your mobile device to watch recipe videos directly from the page, shop for products, share content on Facebook, and more. Here's all you have to do:

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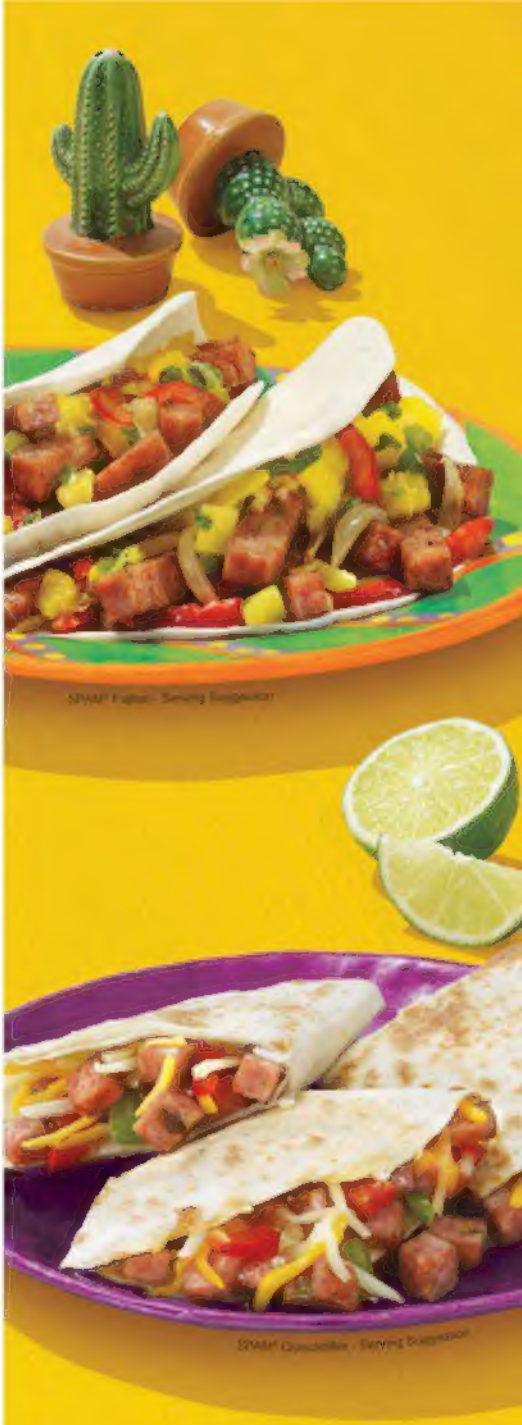

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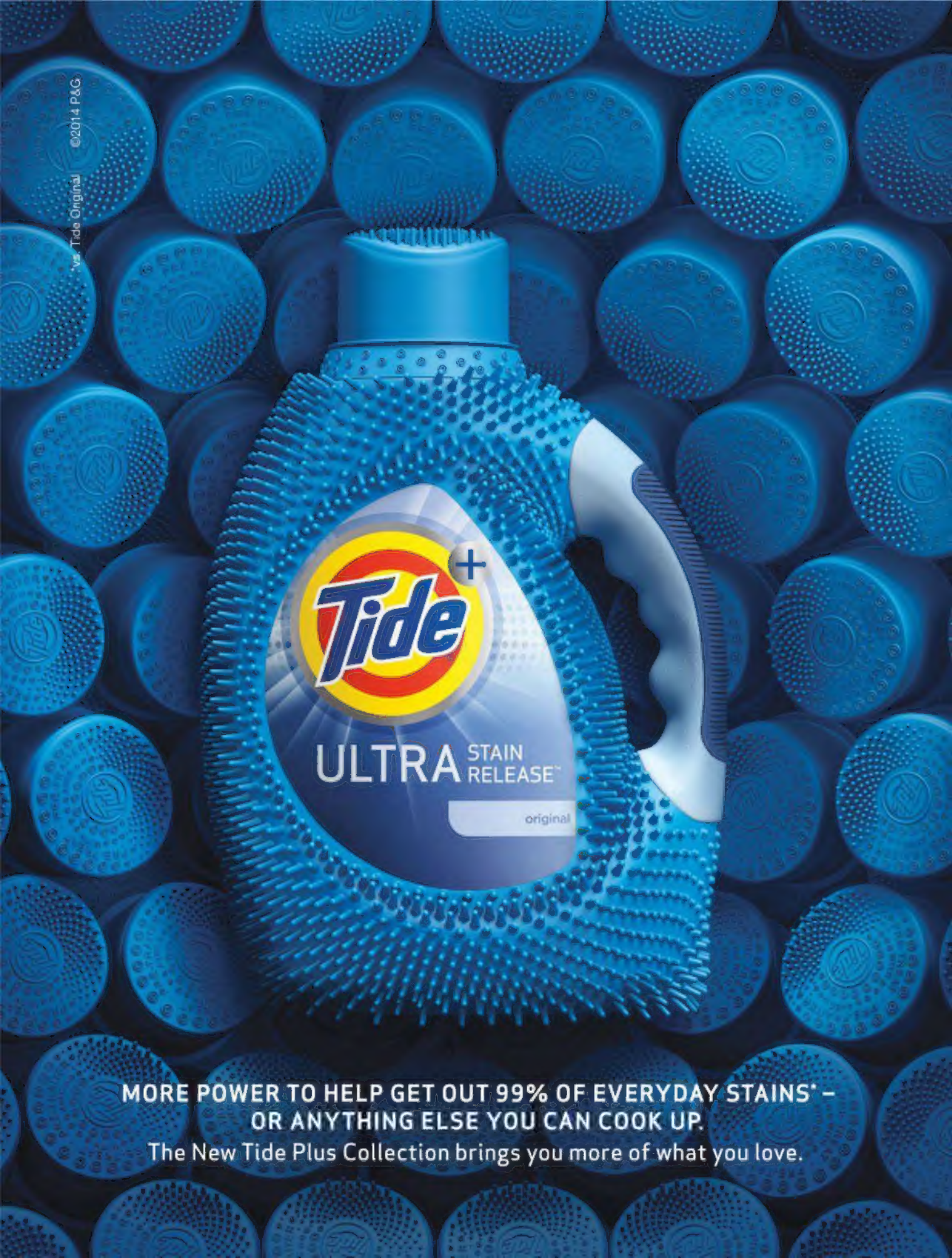
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It makes us sad when we see this on a recipe on Allrecipes.com. *You know why? Because we know from online food studies that photos of a finished dish are very important to you when choosing a recipe. The Allrecipes community has some amazing recipes out there, and it's a shame if good ones are getting neglected just because they don't have a photo!*

OF THE MORE THAN **1 MILLION PHOTOS** on Allrecipes.com, **1,585** OF THEM ARE OF THE BEST ROLLED SUGAR COOKIES.

PHOTO: CUPCAKE BLUES

PHOTO: MARNEY

PHOTO: ANN B

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Blipp to try any of the recipes on this page (blipp details are on page 5).

Photos, Right From Your Phone

You made a delicious dinner, and it's gorgeous. So, get out your phone, snap a pic, and upload it to Allrecipes.com. It's so simple—just **3 easy steps.** No recipe should go faceless!

1 MAKE **2 SNAP** **3 SHARE**

*Look at what some of you **Allrecipeeps** have cooked up!*

PHOTO: MOLLY

Asparagus, Potato, and Onion Frittata

PHOTO: MISTUP

Summer Grilled Pork Chops

PHOTO: COOKINBUG

Mediterranean Pasta

PHOTO: LYNNDMA

Rhubarb and Strawberry Pie

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Kitchen Sink

April Fools!

A classic con job: Dessert looks like the main course; the main course looks like dessert.

DESSERT: plate of spaghetti

- Using **yellow food coloring,** tint store-bought **white frosting** pale yellow—the color of cooked spaghetti—and spoon it into a pastry bag fitted with a round tip (about ⅛ inch in diameter).
- Slice up some store-bought **pound cake** and put a piece on a plate. Pipe frosting onto cake using big looping motions to create the appearance of spaghetti piled on the plate.
- Top with some **strawberry topping** or jam for spaghetti sauce.
- Use **jumbo malted milk balls** as meatballs, make them look more textured and less shiny by roughing up the outsides with a fine grater.
- Add a sprinkle of **grated white chocolate** for the Parmesan cheese.

MAIN COURSE: meatloaf cake

- Prepare your **favorite meatloaf recipe** as usual, but before baking, divide the mixture between two round 8- or 9-inch cake pans and pat it flat. Bake as usual, but shorten the cooking time (these thinner meatloaves won't take nearly as long to cook). FYI, for this photo, we doubled our meatloaf recipe so the layers would be thick.
- While the meatloaf is in the oven, make a batch of **mashed potatoes;** add a little extra milk and whip with an electric beater until they are fluffy and spreadable.
- When the meatloaves are done, invert one of them onto a round plate. Spread some **ketchup** over the meat, then cover with a thick, even layer of mashed potatoes. Put the other meatloaf layer on top of the potato layer, and finish frosting the "cake" with the remaining potatoes.
- Garnish with **cherry tomatoes** to look like cherries.

COOL CHICKS

Check out Luv2Cook's clever way with deviled eggs! Just cut off the top third of the egg and scoop out the yolk. Make your favorite deviled eggs recipe, spoon or pipe the filling back into the whites, then make a face using capers for the eyes and carrots or red bell peppers as beaks.

Egg-traordinary

An egg-white chip? We were skeptical... then we couldn't stop eating them. IPS—rhymes with "chips" and stands for Intelligent Protein Snacks—are made from pressure-puffed egg-white protein. With 7 grams of protein and 130 calories per serving, IPS reminded us of cheese puffs, without the guilt or flaming-orange fingers. Available in aged white cheddar, barbecue, cinnamon sugar (our fave!), and sea salt and black pepper. $16 for a pack of eight at amazon.com

THE LOWDOWN ON ASPARAGUS

Green vs. white, fat vs. thin, and more.

The difference between white and green comes down to one simple thing: chlorophyll. Chlorophyll is what allows plants to make food, via photosynthesis. Green asparagus has it, white doesn't. For white asparagus, farmers prevent chlorophyll from forming by shielding the plants from the sun with soil or tarps. Chlorophyll is also responsible for sugar production, which is why white asparagus also tastes different than green—it's quite bitter compared to green's grassy sweetness.

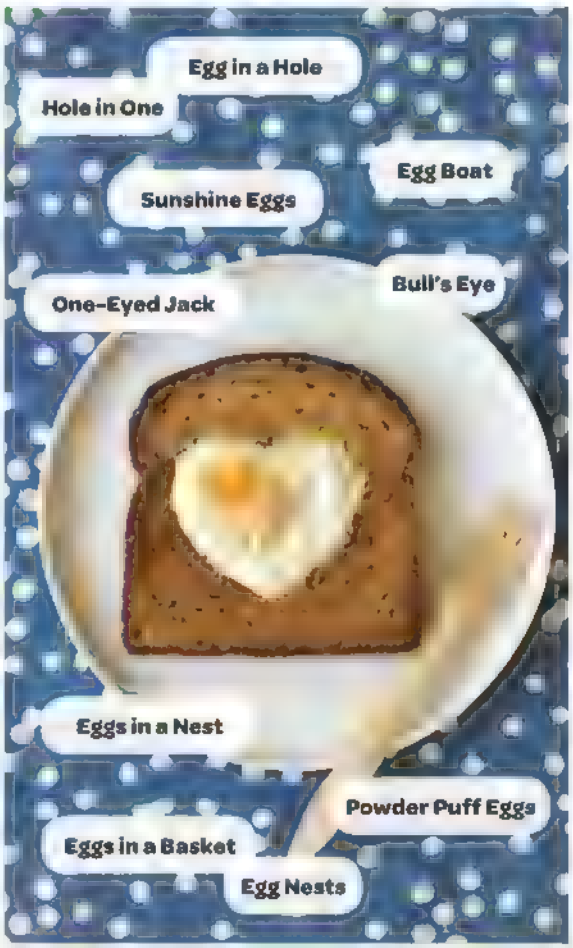
There's a widespread assumption that skinny spears come from baby plants (and are hence more tender) and thicker spears from older ones (and are tougher and more fibrous as a result). In fact, the opposite is true. Early plantings and young plants yield big, juicy spears. As the years pass and the season wears on, the plant becomes tired and overworked, and, to quote one farmer, "little tiny spears are all it can spit out."

All you need to look for when shopping are bunches that are bright green with tightly closed tips. As soon as you get your asparagus home, cut ½ inch off the base and stick the bundle in a bowl of water—you're rehydrating it to prevent stringiness.

To snap or not to snap? The ends of any asparagus stalk can indeed be fibrous and should be removed before cooking. The stalks have a natural breaking point, about 2 inches from the bottom. Just start bending from the bottom up, and the stalk will snap in the right place on its own. We recommend peeling thicker stalks (½ inch or larger) to help the spears cook more evenly—the tips cook quickly the stalks take longer. White asparagus, naturally more fibrous from its lack of sugars always benefits from a peeling, from the halfway point on down. —LESLEYPORCELLI

A breakfast by any other name...

A little while back, Sunshine Toast (**armagazine.com/sunshine-toast**) was the featured recipe on Allrecipes.com. It quickly got a lot of reviews (294, with 4½ stars), but it's what folks were saying in the reviews that caught the attention of Kerby Genasci, Allrecipes.com content moderator. He noticed that people were sharing their childhood memories of the recipe, but explaining that their family called it something different. In fact, there's a grand total of 65 various names for this humble dish! Ten are here, blipp to see the rest!



flower power

WANT TO MAKE FOOD LOOK ALL FANCY PANTS? REACH FOR **EDIBLE FLOWERS.**

"EAT PRETTY" is Miche Bacher's motto. The author of *Cooking with Flowers*, she's been experimenting with flowers as food for more than 20 years. What surprises most people, she says (beyond marigolds turning up in their ravioli), is that flowers aren't typically sweet. While some, such as dandelions, do have a honeylike flavor, others range from peppery to grassy to just the right kind of bitter. Hence, Bacher tends to treat them more like spices, but admits she's also seduced by their range of hues. "They all have their unique flavors," she says. "But their colors are incredible. The first time I made a simple syrup from lavender, I thought, 'You can't *buy* this color.'"

Prepping flowers in the kitchen isn't any more difficult than working with most other produce. Give your blooms a thorough (but gentle) rinse, then generally pluck the petals, often the only part of the flower that's used. Novices will want to avail themselves of a book such as Bacher's or a reliable online source to determine which flowers are edible (including tulips, nasturtiums, pansies, and roses) and which are decidedly not (daffodils, rhododendrons, and snapdragons, for instance).

You don't have to labor over a three-tier cake with precious candied violets to enjoy the showstopping impact of fresh flowers. Grind ½ cup flowers with 1 cup sugar in a food processor for beautiful (and long-lasting) flower sugar that you can use to decorate simple sugar cookies. Or you can combine anywhere from ¼ cup to 1 cup flowers with 8 ounces of room-temperature butter or soft cheese for a pretty spread or appetizer.

But the easiest of all? "Most flowers are also great tossed into scrambled eggs," says Bacher. —JGBINSTL

MEMORIAL DAY MOMENT

Coming from a military family, I know firsthand the sacrifices our service men and women make every day. I am forever grateful to all of the brave people in the field who protect our freedom. There are many families who are left behind during deployment, and that can be especially hard on kids. This easy snack is a simple way to remember friends and family who are currently in the military, or those who were lost. —KELLIESTRICKLAND

- Heat a skillet over medium heat. Lay **a spinach tortilla** in skillet, sprinkle some **shredded cheese** over half, and fold the tortilla in half. Cook until cheese is completely melted, then transfer quesadilla to a plate.
- Lay **a flour tortilla** inside the hot skillet. Sprinkle cheese across entire tortilla. Cook, covered, until cheese is melted, then transfer to plate, letting it cool slightly before tucking it under the folded spinach quesadilla.
- Break a **long pretzel rod** in half for the helmet straps. Cut an **olive** in half lengthwise for the eyes. Cut a sliver of olive for the mouth.

WHAT'S ON CHEF JOHN'S MIND

Pasta Primavera the way nature intended

On our cover!

A walk though the farmers market this time of year always reminds me of the sad irony that is pasta primavera. In casual-dining land, pasta primavera has morphed into a heavy dish of gloppy cream sauce and whatever discarded vegetables the chef cleaned out of the walk-in. Mmmm, salvaged broccoli stems! And don't even get me started on the seasonal offense. Pasta primavera translates to "spring pasta" for goodness' sake, yet corn, tomatoes, sweet peppers and summer squash get tossed in shamelessly.

What's supposed to happen is much more like this. Chef gets up at dawn, trims facial hair, gets a new tattoo, shops the green market, finds the most awesome array of spring vegetables, and thoughtfully serves them in a fresh, light sauce on perfectly cooked pasta. Unfortunately, that chef lives nowhere near you, so you're going to have to settle for this recipe from me.

I like to use as many different veggies as I can get my hands on. In my latest pasta primavera video (below), I managed to include seven varieties. Part of the fun is walking through that farmers market on a chilly spring morning and filling your bags with whatever catches your eye. You'll be surprised how easy it is to find beautiful spring produce when you actually shop for it in the spring! I hope you take that walk soon. Enjoy! —CHEF JOHN

Blipp to see this cover recipe and the how-to video (blipp details on page 5). Or go to **armagazine.com/pasta-primavera** and **armagazine.com/pasta-primavera-video**

We Are Family

For mis7up, Allrecipes is much more than just a recipe site—it's more like a family member. So she decided to show the love with a tattoo. (It's the real deal!)

"I went onto Allrecipes searching for a salad recipe my coworker used to make, and came away with a priceless and lasting community of friends. I think it's amazing that there are thousands of different people on the site—with different views and different lives—and yet I can always depend on them when I'm looking for advice or answers. Strange as it sounds, the community motivates me to be a better mom and wife, and to bond with my family over food.

I got the tattoo during a trip to Las Vegas; it was an informal meet-up with some other Allrecipes community members. I know it's kind of crazy, but I wanted to show that Allrecipes truly means something in my life and I'm thankful for it. The site and the people are there with me and my family at almost every meal of every day."

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Morning Glory

I loved every Mother's Day breakfast my kids made me—even when the bedside service consisted of a burnt toaster-waffle slathered with peanut butter, with a diet soda on the side. Or one particularly creative year: a croissant with a donut speared on top (a precursor to the cronut?!). After all, I'd always taught my daughters that it's the thought that counts. But wouldn't it be nice if "the thought" came hand in hand with something yummier? These top-rated recipes are so simple kids can help make them, and so delicious that you won't believe they did. —ANNIEK

SOUS CHEFS FOR THE AGES

Unless you have a household of *Top Chef* wannabes, a Mother's Day breakfast is a group effort. But how much can kids help (safely)? We've flagged steps in the recipes to show where kids can participate

KIDS UNDER 5
This is the age of patting, squeezing, painting, brushing, rolling, shaking, stirring, and mashing.

8 AND UP
Many kids this age are ready for some slicing and dicing under supervision.

6 AND UP
With a few more motor skills under their belts, this age group could add simple jobs like whisking and beating batter with a spoon.

10 AND UP
With more strength and dexterity, older kids may be able to pour batter onto griddle or pan, and/or any of the younger-kid examples above.

PHOTOS: KARLA CONRAD FOOD STYLING: CARRIE PURCELL PROP STYLING: JOR HELLAND

MONKEY BREAD I

armagazine.com/monkey_bread

"Refrigerated biscuits with cinnamon bake in a tube pan. My 7-year-old daughter, Leah, loves her monkey bread. Enjoy!" —LUANN CONNOLLY

- **1 cup white sugar**
- **2 teaspoons ground cinnamon**
- **3 (12-ounce) packages refrigerated biscuit dough**
- **½ cup chopped walnuts (optional)**
- **½ cup raisins (optional)**
- **½ cup margarine or butter**
- **1 cup packed brown sugar**

Preheat oven to 350°F. Grease a 9- or 10-inch Bundt or tube pan.

Mix white sugar and cinnamon in a large plastic bag. *[From our kitchen: We had ¼ cup mixture left over at the end, so you might start with ¾ cup of white sugar.]* Cut biscuits into quarters. Shake six to eight biscuit pieces in sugar-cinnamon mixture. Arrange pieces in the bottom of the prepared pan. If using nuts and raisins, arrange them in and among the biscuit pieces as you go along. Continue until all biscuits are coated and placed in pan.

In a small saucepan, melt margarine with brown sugar over medium heat. Boil for 1 minute. Pour over the biscuits.

Bake for 35 minutes. Let bread cool in pan for 10 minutes, then turn out onto a plate. *[From our kitchen: Don't exceed 10 minutes, or you'll have immobile monkeys!]* Do not cut the bread; it just pulls apart.

PER 8-ROLL SERVING 418 CAL, 17.7g FAT (3.6g SAT), 5.3g PRO, 61.5g CARB, 1.1g FIBER, 746mg SODIUM; <1mg CHOL

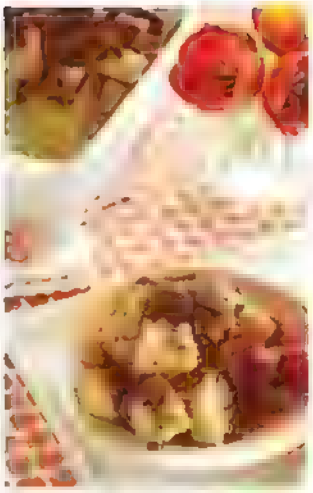
SUBMITTED BY LuAnn Connolly
PREP 20 min
COOK 35 min
READY IN 1 hr 5 min
MAKES 120 little rolls
RATING ★★★★½
1,237 reviews

SAID

Loved this recipe! My 10-year-old daughter and 8-year-old son pretty much made the whole thing. We followed the directions without any adjustments and it turned out perfectly. My favorite part was watching my kids as they sat in front of the oven watching their monkey bread cook :) —CRYSTALWEST

I have added either frozen blueberries or fresh strawberries (cut) and it always is a crowd-pleaser! When I was a kid, this was the first thing I ever baked with my mom. I hadn't made it for eons, and this recipe is just as I remember it! —BRIDGIDJ

We really like this recipe! We don't put in the raisins or walnuts. My tips: Use a Bundt pan, cover with foil for about 20 minutes to avoid the top getting that slightly harder crust, and carefully flip it out into a large bowl while it is still hot. —WATKINSFAMILYOFFOUR



This casserole is ideal for company. It comes together quickly, and can be jazzed up by topping it with sautéed apple slices or even just maple syrup.

SUBMITTED BY STARFLOWER
PREP 25 min
COOK 40 min
READY IN 1 hr 5 min
SERVES 6
RATING ★★★★½
1,002 reviews

FRENCH TOAST CASSEROLE

armagazine.com/french_toast_casserole

"Tastes good for breakfast, just like French toast. It's easy to make, too! Serve warm with maple syrup on top." —STARFLOWER

- **5 cups (1-inch) bread cubes**
- **4 eggs**
- **1½ cups milk**
- **¼ cup sugar**
- **¼ teaspoon salt**
- **1 teaspoon vanilla extract**
- **1 tablespoon margarine or butter, cut into bits and softened**
- **1 teaspoon cinnamon**

Preheat oven to 350°F. Lightly grease an 8x8-inch baking pan.

Continued on page 20

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Line bottom of pan with bread cubes. In a large bowl, beat eggs, milk, 2 tablespoons sugar, salt, and vanilla extract. Pour egg mixture over bread. Dot with margarine; let stand for 10 minutes.
Mix remaining 2 tablespoons sugar with cinnamon and sprinkle over the top. Bake about 45 to 50 minutes, until top is golden. *[From our kitchen: We needed only about 40 minutes of baking.]*

PER SERVING 207 CAL, 7.2g FAT (2.3g SAT); 8.5g PRO; 26.6g CARB; 0.9g FIBER; 388mg SODIUM; 146mg CHOL

SAID

Delicious! Made it with half chocolate milk and half regular milk. Gone in the blink of an eye; will at least double it next time. —KEALI9

It was so yummy! I baked it until it was so golden at the top, and it was so crunchy. I didn't make any changes to it except I used olive oil spray and I love it, and so did my sister. Will make it again, that's for sure. —ZELLYJARA

Very good! So many ways to vary this recipe. I tried the original recipe first, which was great but I wanted a little more flavor. The second time I added cinnamon to the filling and more to the top. Today I added 1 cup blueberries to the filling, and it was delicious! Can't wait to try raisins next time. —CAMI

SUBMITTED BY Chef John
PREP 20 min
COOK 15 min
READY IN 35 min
MAKES 8 scones
RATING ★★★★★ 46 reviews

allrecipes 5-STAR RATING

CHEF JOHN'S SCONES

allrecipes.com/chef-johns-scones

"This recipe is very slightly adapted from one by someone called Friendlyfood on Allrecipes.com, who claims it was adapted from a version made at the Savoy Hotel in London. I have to say, I am very impressed. It was light, tender, moist, and very delicious." —CHEF JOHN

- **1¾ cups all-purpose flour**
- **¼ cup sugar**
- **4 teaspoons baking powder**
- **⅛ teaspoon salt**
- **5 tablespoons unsalted butter**
- **½ cup plus 1 tablespoon milk**
- **¼ cup sour cream**
- **⅓ cup dried currants**
- **1 egg, lightly beaten**

Preheat oven to 400°F.
Whisk flour, sugar, baking powder, and salt in a mixing bowl. Cut in butter with a knife or pastry blender until mixture resembles coarse crumbs.
Stir together ½ cup milk, sour cream, and currants in a small bowl; stir into flour mixture with a fork just until moistened and holding together.
Transfer dough to a lightly floured surface and pat into rectangle. *[From our kitchen: We patted it into 8x5-inch rectangle, about ¾ inch thick.]*
Fold the rectangle in thirds. Turn dough a half turn. *[From our kitchen: "Half turn" means to fold it in half, from the short end.]* Gather any crumbs, flatten back into a rectangle, and repeat. Cut into 8 pieces and put each scone on a silicone mat set on a baking sheet. *[From our kitchen: You can use a parchment-lined baking sheet instead.]*
Whisk egg and remaining tablespoon milk together in a small bowl, and brush mixture on top of each scone.
Bake scones until risen and golden brown, about 15 to 17 minutes. Remove and transfer to cooling rack.

PER 1-SCONE SERVING 237 CAL, 9.9g FAT (5.9g SAT); 4.6g PRO; 33.4g CARB; 1.2g FIBER; 301mg SODIUM; 47mg CHOL

Scones are best the day they're made. But you can also make them through step 5, and put the pan in your freezer. Once they're frozen, put the scones in a zip-top bag.

SAID

Very good! I used my homemade fat-free yogurt instead of sour cream and dark chocolate chips since I had no dried fruit. My 4-year-old helped me and she also loved these! —MICHELLINA24

Great recipe—all golden and moist. I used 1½ teaspoons of finely cut orange peel in lieu of the currants. Perfect for a sunny morning, and they stay moist if you freeze them fresh, so you can even sleep in, THEN eat scones for breakfast. Nom! —ALBREDA

These turned out beautiful. Very crunchy on the outside but soft and fluffy on the inside. These are not dense, heavy scones—they're a lighter version. I made them with cinnamon chips and they were delightful! —FOODIE00

Light, fluffy, and delish. I added dried cherries instead of currants, used Splenda instead of sugar, and used almond milk in place of milk, and the recipe turned out great. Super delicious; I could not have just one. I will definitely save this recipe and use again. Thanks, Chef John, for posting this. —BTHECOOK

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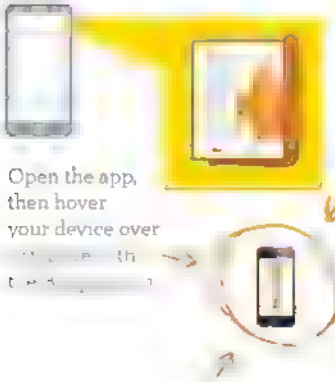

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DELUXE WAFFLES

armagaz ne.com/de..xe waffles

"This is a soft waffle. A childhood favorite." —MARY KAYE

- **2 cups all-purpose flour**
- **1 tablespoon baking powder**
- **1 teaspoon salt**
- **3 tablespoons sugar**
- **4 egg yolks**
- **1¼ cups milk**
- **½ cup vegetable oil**
- **4 egg whites**

1. In a large bowl, sift together flour, baking powder, salt, and sugar. Make a well in the center of the mixture.
2. In a separate bowl, mix egg yolks, milk, and oil. *[From our kitchen: Large eggs worked best for us.]* Pour into flour mixture well, and stir just until ingredients are moistened.
3. In another bowl, beat egg whites until stiff. Fold into batter.
4. Cook batter in a waffle iron according to manufacturer's instructions. *[From our kitchen: Waffles can be made in larger batches frozen, and reheated in a microwave (for softer waffles), the oven, a toaster oven, or a toaster.]*

PER 1-WAFFLE SERVING 410 CAL, 22.7g FAT (4.1g SAT); 10.2g PRO; 41.6g CARB; 1.1g FIBER; 695mg SODIUM; 141mg CHOL

SUBMITTED BY Mary Kaye
PREP 10 min
COOK 20 min
READY IN 30 min
SERVES 6
RATING ★★★★½
195 reviews

SAID

OMG, these were the best waffles I have ever made. Always consistent—even my fairly inexperienced husband can make them perfectly every time. —SNUGGLEPUNKIN

I subtracted a teaspoon of milk and added a teaspoon of pure vanilla extract. These waffles were crisp on the outside but soft on the inside—very fluffy. —SARAH JO

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Barbecue with Seoul

Minyoung Lee, Allrecipes.com community member, shares her mother's Korean *bulgogi* dish.

Minyoung with her mother and husband.

SUBMITTED BY Minyoung
PREP 20 min
COOK 10 min
READY IN 3 hr
MAKES Serves 4 (makes 3½ cups)
RATING ★★★★½ 17 reviews

My love for cooking started when I was a child. Growing up in Seoul, South Korea, my brother and I spent hours with my mom in the kitchen, watching her make hundreds of recipes from memory—to this day I've never seen her use a cookbook. I remember many people telling her that she should open a restaurant, that's how good she was! She'd sometimes give me and my brother small tasks, like mixing dough or flipping the *buchimgae* (savory pancake). I don't think she intended to give us "lessons," per se, but looking back, that's what they were.

That time with my mom paid off when I was an ESL (English as a second language) student in the United States and I decided to treat my host family to an authentic Korean dinner. I wanted to make a bunch of different dishes for them to try, including *bulgogi* (grilled marinted beef). Since I had never made *bulgogi* by myself, I had to rely on what I remembered from watching my mom and then compare that to recipes on Korean cooking websites to see if I was on the right track. I first prepared the sauce, adding each ingredient little by little until it tasted like mom's recipe. Once the sauce was ready I poured it over beef to marinate and crossed my fingers.

In hindsight, I may have gone a little overboard for my first time. I made *bulgogi*, *bibimbap* (mixed rice), *kimbap* (Korean sushi), *yangnyeon-tongdak* (Korean fried chicken), vegetable

Hidden Gem

armagazine.com/bulgog

"This is the Korean bulgogi *[pronounced "bull-go-gee"] recipe I've learned from my mother, who lives in Korea. I've made this dish many times and it always gets raves. Yummy!* —MINYOUNG

- 1½ pounds beef top sirloin, thinly sliced
- 2 tablespoons white cooking wine
- 1 cup pear juice *[From our kitchen: We had a tough time finding pear juice, so we substituted two shredded Anjou pears.]*
- 1 teaspoon black pepper
- ¼ cup soy sauce
- 1 tablespoon sugar
- 2 tablespoons toasted sesame oil
- 1 tablespoon minced garlic
- 2 tablespoons chopped green onion
- 1 tablespoon sesame seeds
- ½ pound fresh mushrooms, halved (optional) *[From our kitchen: Shiitake or oyster mushrooms would be particularly authentic.]*
- ½ onion, chopped (optional)
- Salt and black pepper, to taste

Continued on next page

PHOTO (BULGOGI): KARLA CONRAD FOOD STYLING: CARRIE PURI PROP STYLING: DANIELLE ANDER PHOTO (FAMILY): COURTESY OF MINYOUNG LEE

namuls (seasoned vegetables), and *kimchi* (pickled vegetables; I used store-bought for that). Traditional Korean meals aren't separated into multiple courses—there's no such thing as an "appetizer," for instance—it's more of a communal eating style, where all the dishes are presented at the same time. When everything was ready, we gathered around the table and I said, "Let's eat!" My host family didn't move a muscle but looked at me nervously, waiting for my instruction because they had no idea where to start. Despite the momentary culture shock, the dinner was a huge hit.

Since then I've become an adventurous cook—I love to fuse together different recipes from different cuisines and come up with unique flavor combinations. But *bulgogi* is still one of my favorites. I make extra batches of it to freeze and have on hand for quick dinners (marinate the beef but leave it uncooked if freezing), and leftovers are great stuffed in a bun with melted provolone cheese, or as a pizza topping. I make it from memory now, just like my mother used to do. —MINYOUNG

Blipp here to check out all kinds of global cuisines (see page 5 for blipp details), or go to armagazine.com/world-cuisines. Or visit one of our international sites: Just scroll to the bottom of the Allrecipes.com home page to pick your destination!

1. Put beef in a bowl, and add cooking wine, pear juice, and pepper. *[From our kitchen: See our pear juice note on the previous page.]* Stir to combine, and marinate for 30 minutes.
2. Stir in soy sauce, sugar, sesame oil, garlic, green onion, and sesame seeds. Marinate in refrigerator at least 2 hours or overnight.
3. Preheat an outdoor grill for medium-high heat. *[From our kitchen: We found it more convenient to make this on the stovetop in a large skillet—see step 4.]*
4. Remove beef from marinade, and discard marinade. Put a sheet of aluminum foil on the grill, and lay the beef slices separately, in one layer, on the foil. Put the mushrooms and onion (if using) on another part of the foil, and season with salt and pepper. Cook the beef slices until they are evenly brown, 3 to 5 minutes per side. Serve with cooked mushrooms and onion. *[From our kitchen: If you like your beef medium-rare, cook only 2 to 3 minutes per side. Because the meat cooks quickly, we grilled the onion and mushrooms first—they took about 6 minutes—then tossed them with the cooked meat. If you use the skillet method, cook mushrooms and onion over high heat, stirring, 5 to 7 minutes. Transfer to a bowl, then cook beef in several batches over high heat for about 2 minutes per side. Toss them all together, just to reheat, for another minute before serving.]*

Note from Minyoung: Serve with a handful of Korean sweet-potato noodles. If pan-frying the beef, you can add ½ cup beef broth to make a sauce to go over rice.

PER 7-OUNCE SERVING 375 CAL; 18.1g FAT (5.1g SAT); 33.3g PRO; 19.2g CARB; 1.8g FIBER; 1,018mg SODIUM; 74mg CHOL

SAID

I didn't have the green onions or mushrooms, so I used broccoli and carrots (pretty colors), and it tasted just as good. We ate ours with Japanese noodles. I would love to try it with the original ingredients and on top of rice. —MISSY

My two sons lived in Korea with their father for two years. The only thing they missed was bulgogi. So I looked it up and used this recipe. My boys loved it. They said it tasted just like it did in Korea. It wasn't hard, and I have to admit it is one of my favorites to make. —GLENDA

Great recipe. I used venison instead of beef and marinated it for 24 hours; very tender and flavorful. Served over rice with a little red pepper flakes. —JOESEQUIM

Unbelievable! My plain meat/potato/bread husband went wild over this and he even knew the ingredients. Using peanut oil, I stir-fried beef skirt steak but added shredded carrots and raw spinach to the mix. I finished by adding a bit of water, pear juice, and soy sauce to the wok, then reducing to thicken. The final step was to serve over jasmine rice. Delish! —MILLICENT

I substituted the pear juice with pineapple juice and the white wine with Marsala wine (I really did not want to go to the store). I cooked this in a skillet until done and removed the meat. Then I reduced the marinade in the same skillet to pour over white rice. It was very delicious, and I would make it this way again. However, I will definitely be trying this recipe with the pear juice. —KAPOREI

I love this recipe. Unfortunately, so do my teenage daughter's friends. —VIOLA LYNTE

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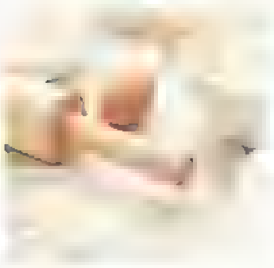

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All-in-One Cake & Frosting

6 oz cream cheese, softened
1 cup butter, softened (2 sticks)
1 tbsp vanilla extract
1 (2 lb.) pkg. Domino® Confectioners Sugar
2/3 cup milk
4 large eggs, lightly beaten
2 1/2 cups all-purpose flour
1 tsp baking powder
1/2 tsp salt
2/3 cup water, room temperature

Preheat oven to 350°F. Generously grease and flour a Bundt baking pan.

Frosting: In a large bowl, beat cream cheese, butter and vanilla, mix well. Add sugar alternately with milk, mix well. Remove 2 1/2 cups of mix, place into a plastic sealable bag, set aside.

Cake: With mixer at slow speed, add eggs to remaining frosting, beat until blended. In separate bowl, combine flour, baking powder and salt. Add flour mixture to mix alternately with water, mix well.

Pour into pan and bake 65-75 min. or until toothpick inserted in center comes out clean. Cool 30 min. While cake is still warm, use a knife to loosen the cake edges from pan. Cool completely before removing from pan. Top with frosting.

Domino Sugar is part of ASR

Save time

Taking Stock

(and broth, and bouillon)

Yeah, yeah, we should all make our own stock. Nothing adds to the flavor of a dish like a rich homemade stock seasoned with vegetables, fresh herbs, and bones that have been taking up room in your freezer for weeks. But do you really have time to simmer for hours, strain the liquid, skim off the stuff that floats to the top, chill overnight, and scrape off the layer of fat that's risen up against you?

You can buy it at the store, but where to start? You'll find dozens of stock-y things out there, from cans and cubes to granules and even frozen demi-glace. What comes closest to homemade? And what's the difference between all these meat- and vegetable-tasting liquids, anyway?

In classic French cuisine, bouillon and stock have clearly defined differences. In American cooking, the definitions are somewhat, um, liquid. A rough primer:

- **Liquid bouillon** is made from boiled meat, unseasoned, and rarely in stores.
- **Bouillon cubes and granules** are made from dehydrated bouillon, sometimes processed with MSG and salt.
- **Classic stock** (rarely found in supermarkets, but sometimes in gourmet or specialty stores) is made with bones, vegetables, herbs, and other seasonings. Cooking the bones adds their gelatin to the mix, which makes for a richer taste, better mouth feel, and a slightly denser texture.
- **Demi-glace** is a highly concentrated stock, often refrigerated or frozen and fortified with roux, tomato paste, and sherry.
- **Broth** is a catch-all term, but the kind you can buy is generally a simple stock with added salt.

Purists will tell you to avoid bouillon cubes. I'm not a purist! For family cooking, I use bouillon cubes whenever a recipe calls for stock or broth. (I find Knorr brands less salty and more "real"-tasting than others.) I often add a pinch of beef bouillon granules to steamed vegetables, a trick I learned from an Italian cookbook. Who cares that it contains MSG? MSG makes things taste better.

Better Than Bouillon and similar glass-jarred "bases" taste noticeably better than bouillon cubes—especially nice since they also cost less per serving. Once opened, they'll need to be refrigerated, which is the only reason I tend not to use them as much as I should. My refrigerator is so crammed with little jars that I sometimes forget what's in there. (Bases keep, chilled, for up to two years.) As with bouillon cubes, you may want to use bases at half-strength; they tend to be salty.

Canned or boxed broths and bouillons are a decent approximation of the real thing. I prefer the boxed versions, which taste fresher. They're heavier than cans, yes, but if you have limited cupboard space, boxes are easier to fit into a small space. They're also more energy efficient to produce than cans, and are now recyclable in nearly half of U.S. communities.

When I need stock for "important" cooking, I always use D'Artagnan's refrigerated demi-glaces, which are 100% as good as homemade and probably better than most homemade stocks could ever be. These fantastic sauces are actually highly concentrated stock—real stock, because D'Artagnan (dartagnan.com) is a high-end meat business with a lot of bones on hand. The website has tons of suggestions for how to use demi-glace. I'll just add that a spoonful of this "brown gold" adds richness and body to pretty much everything except cereal. I order mine from the website, but upscale food purveyors sometimes carry it.

Sadly, vegetable bouillon cubes, bouillon, stock, and demi-glace are rarely as good as their meat counterparts. They tend to be too sweet and carroty. If you want a good veggie stock or broth, your best bet is to make it at home. And in the meantime, I'm hoping food scientists finally will figure out how to make veggie bouillon cubes taste better. —ANNIE

If you do decide to make your own chicken stock, see "Cooking School" on page 115 to see how.

PHOTOS (TOP, LEFT) MAR A CONRAD; (TOP RIGHT) KEVIN M KAZAKI; BOTTOM GETTY ISTOCK

Save money

The Organic Dilemma

Does an organic apple taste twice as good as a regular one? Is it twice as good for you? Should you buy it or any of the hundreds of other organic products out there? Why is grocery shopping so complicated? That's the kind of stuff I wonder as I push my shopping cart past the produce section. (Then I spot Belgian chocolate on sale and for a moment forget everything else.) I want to eat good food, but I don't want to overspend. And organic foods are almost always more expensive. Some of these facts may help you decide when it's worth laying out the extra green. —ANNIE'S

Ways to Save $$

The money-saving advice on general groceries applies to organics, too:

- To keep your bulk-bought produce, meat, and baked goods fresh, **freeze them in individual meal-size portions**. Arrange them on a wax paper–lined cookie sheet and stick them in your freezer for 1 to 2 hours. Once frozen, put them into freezer bags (double-bagging is best).
- **Look for coupons** and sales, and then stock up.
- **Grow your own:** Start an herb and/or vegetable garden, even if it's in a small window box in your kitchen.

The Dirty Dozen

The nonprofit Environmental Working Group's latest list of what it considers the most pesticide-contaminated produce:

1. Apples
2. Celery
3. Cherry tomatoes
4. Cucumbers
5. Grapes
6. Hot peppers and sweet bell peppers
7. Imported nectarines
8. Peaches
9. Potatoes
10. Spinach
11. Strawberries
12. Kale and collard greens

***(BTW: Don't use this as an excuse to pass on produce!** The EWG also says that eating conventionally grown produce is better than not eating fruits and vegetables at all. Just be sure to wash all your produce.*

CONVENTIONAL	ORGANIC
Chemical fertilizers	Natural fertilizers like manure or compost
Insecticides for pest control	Pesticides from natural sources such as beneficial insects and birds
Herbicides for weed control	Natural plant-killing compounds
Animals: antibiotics, growth hormones, meds	Organic feed, outdoor access, rotational grazing

Is Organic Better For You?

- **Nutrition:** Not really. Most studies show they're pretty much the same in minerals, vitamins, etc.
- **Health:** Most likely, because organics lack chemical pesticides, herbicides, growth hormones, antibiotics, other synthetics, and genetic modifications. You can wash pesticides off an apple's skin, but not off the flesh inside.

What Does "Organic" Really Mean?

Organic-ness has many levels when it comes to product labeling. To get the U.S. Department of Agriculture's "organic" stamp, plants and animals can't have had contact with synthetics, ionic radiation, sewage sludge, or anything not certified as organic (including foods, pastures, fertilizers, and the like). But there are other flavors of organic:

- **100% organic.** Nuf said.
- **Organic.** At least 95% organic.
- **Made with organic ingredients.** At least 70% organic.
- **Natural.** This and phrases like "all natural," "free range," or "hormone-free" do not equal organic. Only foods meeting USDA standards can be labeled "organic."

Beware: Just because a product says it's organic or has organic ingredients doesn't necessarily mean it's healthier. It could still be high in sugar, salt, fat, or calories.

The Top Bananas

What organic products sell best?	
Packaged produce	$2.6 billion
Milk	$1.2 billion
Yogurt and kefir	$448 million
Energy bars and gels	$389 million
Eggs	$368 million

Source: SPINS, an organics industry group, July 2013

Price Check on Aisle 12

Producing organics usually takes longer and can be more complex than conventional methods, which is why they're almost always more expensive. How much more? Here's a one-day snapshot of organic vs. conventional prices:

Item	Conventional	Organic
Baby carrots, canned	$1.69	$2.69
4 kiwis	$4.99	$4.99
Apple cider vinegar, 32 oz	$0.99	$4.79
Coffee, 12 oz.	$9.39	$12.99
Half and half, 32 oz	$2.99	$3.00

CLASSIC ANGEL FLAKE COCONUT CAKE

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PREP: 25 min. TOTAL TIME: 2 hours 33 min MAKES: 18 servings

1 pkg. (2-layer size) yellow cake mix

2 2/3 cups BAKER'S ANGEL FLAKE Coconut (7 oz pkg.), divided

1 1/4 cups cold milk, divided

1 pkg. (3.4 oz.) JELL-O Coconut Cream Flavor Instant Pudding

1 pkg. (3.4 oz.) JELL-O Vanilla Flavor Instant Pudding

1/4 cup powdered sugar

1 tub (8 oz.) COOL WHIP Whipped Topping, thawed

1. HEAT oven to 350°F.
2. PREPARE cake batter and bake as directed on package for 2 (9-inch) round layers, stirring 2/3 cup coconut, 1/4 cup milk and dry coconut pudding mix into batter before pouring into prepared pans. Cool cakes in pans 10 min. Remove from pans to wire racks; cool completely.
3. MEANWHILE, beat dry vanilla pudding mix, sugar and remaining milk in large bowl with whisk 2 min. (Pudding will be thick.) Stir in *COOL WHIP*. Refrigerate until ready to assemble cake.
4. STACK cake layers on plate, filling with layers of 1 cup of the pudding mixture and 3/4 cup of the remaining coconut. Frost top and sides of cake with remaining pudding mixture. Press remaining coconut into pudding mixture. Refrigerate 1 hour.

JELL-O

Fun things to do at Easter

© 2014 Kraft Foods

Candy Land

Sometimes you feel like going all out and making The Easter Dessert to End All Easter Desserts!* And sometimes you're like, "Wait. Easter's *this* weekend?" If the holiday has snuck up on you, or if you simply don't have the time, energy, or patience for fancy baking this year, let Easter candy—and these super-fast, super-cute Allrecipes ideas—save the day.

*For that, see pages 54-65

Hidden Gem

INSTANT CHOCOLATE-COVERED BUNNIES ON A STICK

armagazine.com/chocolate-stick-bunnies

allrecipes ★★ 5-STAR RATING

SUBMITTED BY Ciera
PREP 9 min
COOK 1 min
READY IN 15 min
SERVES 10
RATING ★★★★★
9 reviews

Because Peeps just look cuter on a stick!

- 10 wooden lollipop sticks
- 10 marshmallow Easter bunnies (such as Just Born Peeps)
- ½ cup chocolate chips
- 1 teaspoon multicolored candy sprinkles

1 Insert a stick into the bottom of each bunny. Line a baking sheet with waxed paper. Heat chocolate chips in a small glass bowl in microwave until melted, about 30 seconds. Stir until smooth.

2 Dip each bunny in chocolate until coated on all sides, transfer to baking sheet. Sprinkle with candy sprinkles. Freeze until chocolate has set, about 5 minutes. *[**From our kitchen:** We melted an extra cup of chocolate chips to make dipping easier, used a spoon to coat bald spots, and tapped each stick lightly on the bowl to shake off excess chocolate.]*

PER 1-BUNNY SERVING 70 CAL, 2.6g FAT (1.5g SAT); 0.6g PRO; 12.6g CARB; 0.5g FIBER; 3mg SODIUM; 0mg CHOL

SAID

These were totally fun to do. Be forewarned: Colored melting chips are thicker, and you will have just a tad bit of a problem coating evenly if you use colored chips instead of chocolate. But otherwise, deck those bunnies out. —MIS7UP

I make these every year with my kids. These sell really fast at fund-raisers, too! —SARAH JO

PHOTOS (TOP): NICHOLE ANSANT (CANDY); SHERRY GIBLIN; FOOD STYLING: PAUL GRIMES

EASTER BASKET CAKE

armagazine.com/easter-basket-cake

allrecipes ★★★★★ 5-STAR RATING

"Very festive for the Easter holiday! Instead of using candy to decorate the basket, I've also used milk chocolate frosting or colored the white frosting to match the handle, and used a fork to gently rake a basket-type woven look into the sides of the cake." —VALERIE LYNNE

- 1 (18.25-ounce) package white cake mix
- 1 (16-ounce) can white frosting
- 1 (14-ounce) package candy-coated chocolate pieces
- ½ teaspoon water
- 2 drops green food coloring
- 2 cups sweetened flaked coconut
- Easter candy, as desired

[From our kitchen: You'll also need about a yard of ribbon for the handle.]

SUBMITTED BY Valerie Lynne
PREP 30 min
COOK 30 min
READY IN 2 hr
SERVES 10
RATING ★★★★★ 36 reviews

1. Prepare the cake mix, baking it in two 8-inch round pans according to package directions. Cool completely.
2. Cut a circle out of the center of one of the layers, leaving a ring that measures 1½ inches from the outer to the inner edge. Put the uncut layer on a serving platter and frost the top. Set the ring layer on top of the frosted layer, and frost the sides and top of the basket. Decorate the sides and top by pressing candy pieces into frosting. *[From our kitchen: This is a great trick if you're "frosting-challenged": The candy hides all flaws.]*
3. To tint the coconut, combine water and green food coloring in a bowl. Stir in coconut, tossing with a fork until evenly tinted. Arrange green coconut grass in center of cake basket.
4. To make a handle, fold an 8x16-inch piece of aluminum foil in half lengthwise four times. Wrap with ribbon, securing the ends with tape. Insert ends of the handle into the cake top. Fill basket with Easter candy.

PER SERVING: NUTRITION INFORMATION DEPENDS ON TYPE OF CAKE, FROSTING, AND CANDY YOU USE.

SAID

This is the cutest and easiest Easter cake to make. Use your imagination, and you can do all sorts of things with it! My whole family will be in awe on Sunday when they dig into it! —VOODY22

I made this, and it turned out great (and I'm not usually one to bake and be patient with a project like this). It was pretty easy. —BOHEMIANRHAPSODYLOVER

PROMOTION

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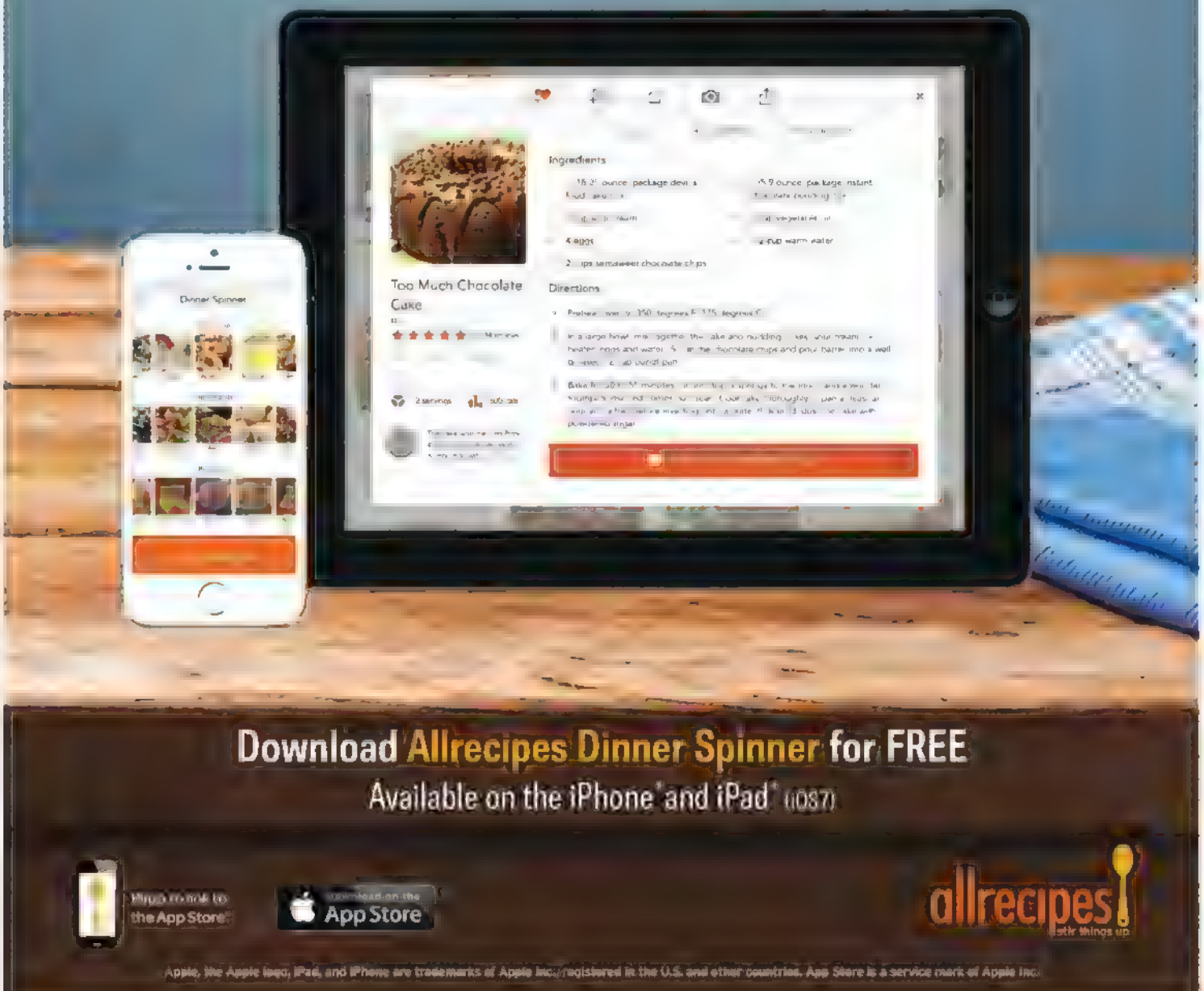

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SOME THINGS ARE HARD FOR KIDS
RICE KRISPIES TREATS ARE EASY.
Kellogg's
RICE KRISPIES
All it takes are three simple ingredients and a little imagination.

SUBMITTED BY Lindsbakes
PREP 25 min
COOK 5 min
READY IN 30 min
MAKES 1 dozen
RATING ★★★★½
61 reviews

JELLY BEAN NESTS

allrecipes.com/jelly-bean-nests

"Crunchy Chinese noodles and melted marshmallows make the cutest little nests for your jelly beans. They're great as place markers at Easter dinner."
—LINDIBAKES

- **2 cups miniature marshmallows**
- **¼ cup butter**
- **4 cups chow mein noodles**

[From our kitchen: You'll also need 36 jelly beans or egg-shaped candies.]

1. Butter a 12-cup muffin tin.
2. Combine marshmallows and butter in a saucepan over medium heat, stir until butter and marshmallows have melted. Stir in chow mein noodles; coat well. Butter your fingers, and press mixture into bottom and sides of prepared muffin tin. Refrigerate until firm. *[From our kitchen: To ensure the candy "eggs" stay put, put them in the nests while the noodle mixture is still warm.]*

PER 1-NEST SERVING 143 CAL, 8.4g FAT (3.1g SAT); 1.3g PRO; 15.5g CARB; 0.6g FIBER; 104mg SODIUM; 10mg CHOL

SAID

These are darling and were very easy to make with my 3-year-old and his buddy. The muffin-tin trick worked perfectly for them. We used broken-up pretzel sticks instead of the chow mein, and the salty-sweet result was so yummy. —TASHA

Oh, these are so yummy! My hubby and I fought over them. Our kids liked them, too. LOL. —LILMAMSAVVY

BUNNIES TO THE RESCUE

Don't feel like making dessert at all? Bring on the chocolate!

Go sweet and sophisticated with Lindt mini gold bunnies (5 milk-, white-, or dark-chocolate bunnies for $6 on amazon.com and in stores nationwide).

Opt for crunchy and cute with Palmer Bunny Crisps (3 rice-crisp-laced chocolaty bunnies for $1 to $2 in stores nationwide).

Go for a ride with bunny drivers from Laughing Moon Chocolates (10-ounce dark chocolate Bunny in Car for $15 and 20-ounce milk chocolate Tractor Bunny for $25 at laughingmoonchocolates.com).

Blipp to buy these chocolates! (Page 5 has blipp details.)

RICE KRISPIES TREATS ARE EASY TO MAKE.
Share your kids' creations at
RICEKRISPIES.COM
All it takes are three simple ingredients & a little imagination. #easytomake
RICE KRISPIES

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Never Fear, Matzo Is Here!

Whether you're celebrating Passover or just curious about those boxes of matzo (or matzoh or matza or matzah) at the end of supermarket aisles around this time of year, we've got three great recipes worth trying—one sweet, one savory, and one so simple it's brilliant!

PHOTOS: SHERI GIBLIN. FOOD STYLING: PAUL GRIMES. PROP STYLING: STEPHANIE HANES

SUBMITTED BY Layla
PREP 15 min
COOK 4 hr
READY IN 4 hr 15 min
SERVES 10
RATING ★★★★½
41 reviews

JEWISH CHICKEN SOUP

armagazine.com/jewish-chicken_soup

"This is a traditional recipe good for anything that ails you. It's the absolute best when you've got the flu, and it's great the second and third day. Note, these matzo balls are 'sinkers.' They are traditional matzo balls, as this recipe was passed down from my great-grandmother who needed to make them as heavy as possible to feed a hungry family during lean times. Reduce the matzo meal by ½ cup to lighten the load." —LAYLA

FOR SOUP

- **1 whole chicken**
- **1 medium yellow onion, chopped**
- **8 carrots, peeled and sliced**
- **1 parsnip, chopped**
- **2 stalks celery, chopped**
- **1 bunch fresh dill weed, chopped**
- **3 cloves garlic, crushed**
- **Salt and black pepper to taste**

FOR MATZO BALLS

- **2½ cups matzo meal** *[From our kitchen: We used 1½ cups to lighten the balls a bit.]*
- **6 eggs**
- **6 tablespoons vegetable oil**
- **2 teaspoons salt**
- **¼ cup broth from the soup**

To make soup:

1. Put chicken into a large pot, breast side down. Fill pot with enough cold water to reach about 3 inches from the top. Add onion, carrots, parsnip, celery, and dill. Bring to a simmer over medium heat and cook, partially covered, for 2 hours (do not let the soup boil). Skim any foam from the top, and add garlic cloves. Partially cover, and simmer for another 2 hours for best flavor. Season with salt and pepper. *[From our kitchen: We brought to a boil and then simmered, with no lid for the last 2 hours, so the soup would reduce.]*

To make matzo balls:

1. In a bowl, mix matzo meal, eggs, oil, salt and ¼ cup broth. Refrigerate for about 20 minutes to set up.
2. Bring a separate pot of water to a rolling boil. Roll matzo mixture into 20 balls (wet your hands to keep the dough from sticking). Drop balls into boiling water, cover, and cook for about 35 minutes. *[From our kitchen: We reduced the boiling water to a simmer to keep the balls from falling apart.]*
3. While matzo balls cook, strain soup broth and return it to pot. Discard chicken bones and skin, and cut chicken meat into pieces. Return meat to soup (or keep the chicken for other uses and leave the soup as a broth). *[From our kitchen: You could also return the vegetables to the soup, if desired, as we did here.]* Serve matzo balls in the hot chicken soup.

PER SERVING (1¼ CUPS SOUP AND 2 MATZO BALLS)
525 CAL; 27.2g FAT (6.4g SAT); 32g PRO; 40g CARB; 2.7g FIBER; 769mg SODIUM; 231mg CHOL

WOW SAID

"Loved it. This is a great-tasting recipe for what we call "Jewish penicillin." It will cure anything and everything. I made this recipe earlier this week after being dehydrated from the flu and I got back on my feet in no time!
—COLIN'S WIFEY

My Russian Jewish great-grandma made her soup with whole chicken, celery, parsnips, turnips, carrots, onions, dill, and flanken (I later learned flanken = short ribs). You only use a few pieces of the short ribs to give it some added depth and flavor. For me, dill is the most important ingredient—it simply doesn't taste like Jewish chicken soup without it. —KEITH

Delicious and easy! The only change I would make is to try to remove as much of the skin from the chicken before throwing the chicken and veggies into the pot. It just ended up being harder than I thought it would be to skim the fat off. I cooked everything in the pot for three hours and the bones were very easy to remove from the meat. —NATURALNAT

Hidden Gem

KID'S FAVORITE PASSOVER PIZZA

armagaz.ne.com/passover_pizza

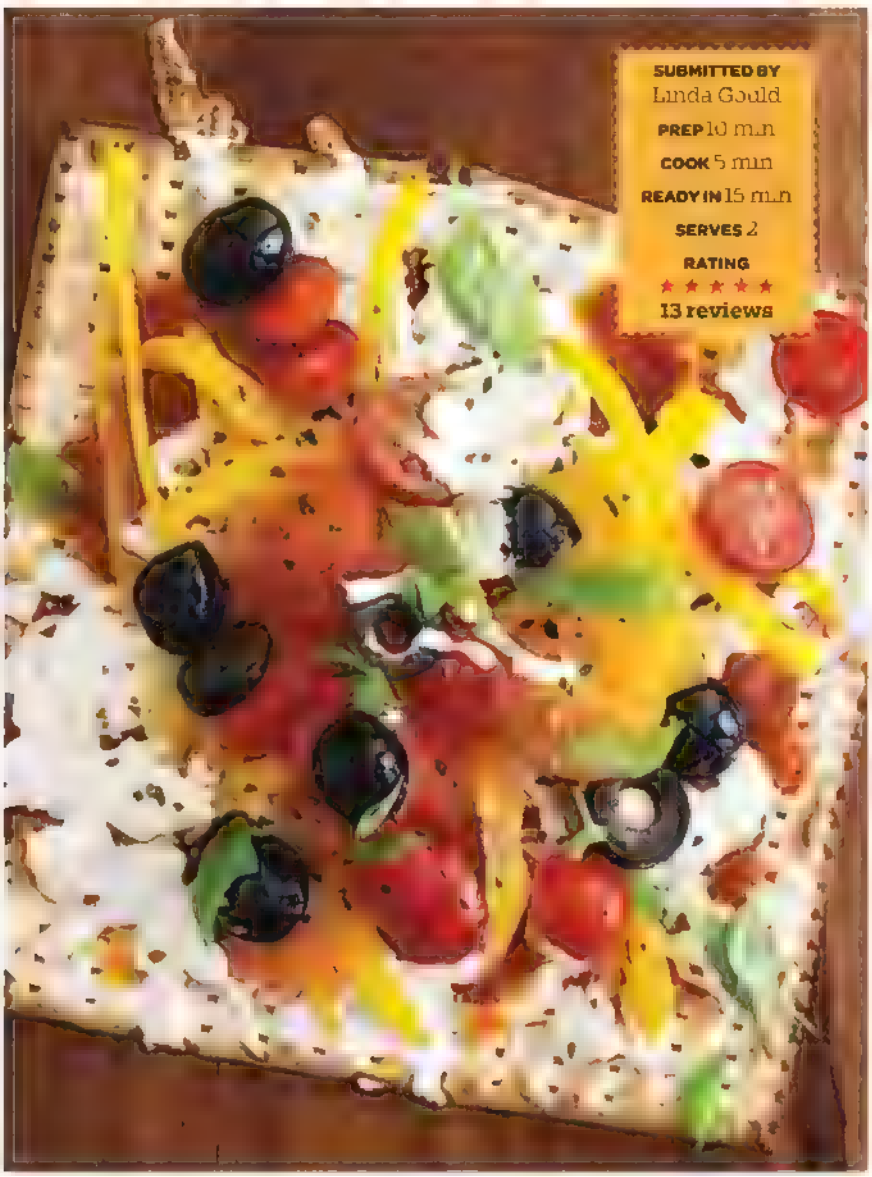
allrecipes 5 STAR RATING

"Adults love this one, too! It's perfect for the fourth or fifth day of Passover when you start running out of creative cooking steam. You can add any vegetables you like or have on hand." —LINDA GOULD

- ¼ cup marinara sauce
- 2 matzo crackers
- Garlic salt to taste
- Dried oregano to taste
- ¾ cup shredded mozzarella cheese
- 1 tomato, sliced
- ¼ cup sliced black olives

1. Preheat oven to 350°F
2. Spread marinara sauce on matzo, then sprinkle with garlic salt and oregano. Top with cheese, tomato slices, and olives. Put pizzas on baking sheets. *[From our kitchen: We put the matzo on the baking sheet before adding the toppings.]*
3. Bake for 5 minutes, or until cheese has melted.

PER ½-PIZZA SERVING 280 CAL, 9.7g FAT (4.8g SAT); 14.7g PRO; 34g CARB; 2.5g FIBER; 714mg SODIUM; 28mg CHOL



YOU SAID

You read this recipe and the first thought that comes to your mind is "DUH! WHY DIDN'T I THINK OF THIS A LOOOONG TIME AGO?!" Super easy and super good. Will eat it for Passovers to come.
—RANDY FINGER

This is delicious and so easy to make! My one suggestion: Put a layer of sauce on the bottom of the cookie sheets to keep the matzo from sticking, and to prevent the need for greasing the sheets with butter. —BECK943

Matzo: A Beginner's Guide

After the Israelites were released from Egyptian slavery more than 3,000 years ago, they were in such a hurry to leave that they couldn't wait around for their bread to rise. So they skipped the yeast, rolled out the dough, and baked it into matzo—a simple, unleavened mixture of flour and water that turns flat and hard when baked (technically a bread, but a lot of us think of matzo as crackers). Today, Orthodox Jews allow just 18 minutes from start to finish to ensure the dough can't ferment enough to rise.

Matzo has other facets, too. It symbolizes humility—a reminder of how as slaves Jews had to eat the most basic and bland of foods. And it represents a subtle rejection of Egyptian cuisine, which leans heavily on yeast and fermentation.

Today, most matzo comes in commercially made squares, in flavors ranging from whole wheat to onion, and is eaten all year long. But to be kosher, only special rooms, equipment, and flour can be used to make traditional unadorned matzo for the eight-day Passover holiday (this year, it's sundown April 14 through April 22). If you want to give homemade matzo a try, check out this recipe: armagazine.com/matzo. You won't get perfect squares with perforated lines, but it will be delicious. —RUTH

SUBMITTED BY OneSweetWorld
PREP 15 min
COOK 15 min
READY IN 55 min
MAKES 4 dozen
RATING ★★★★★ 22 reviews

This is a wonderful chocolate brittle to end a Seder meal. I make it every year and it is one of the most popular desserts that I put out. It wouldn't be Passover without it. What a treat! —SHEILA

allrecipes 5-STAR RATING

DELICIOUS MATZO CANDY

armagazine.com/matzo_candy

"When you try this incredible candy, you won't believe how good it tastes!" —ONESWEETWORLD

- **12 matzo crackers**
- **1 cup butter**
- **1 cup packed brown sugar**
- **1 (12-ounce) bag semisweet chocolate chips**
- **1 cup chopped walnuts**

Preheat oven to 350°F. Line two baking sheets with aluminum foil. Place the matzo crackers in a single layer on the lined baking sheets, breaking to fit if necessary. *[From our kitchen: We halved the recipe—it took only five matzo crackers to fill our 12x17-inch pan—and still had plenty.]*

Bring butter and sugar to a boil in a heavy-bottomed saucepan over medium heat. Cook, stirring constantly, until thick and smooth, about 3 minutes. Pour hot sugar mixture over matzo, and spread evenly with a heatproof spatula.

Bake caramel-topped matzo for 10 minutes. Remove from oven and evenly sprinkle with chocolate chips. Return pans to oven to melt chocolate, about 1 minute. Smooth out melted chocolate to completely cover the caramel. Sprinkle with chopped walnuts. *[From our kitchen: A light sprinkling of salt here really makes the flavors pop!]* Chill in refrigerator for 20 minutes, or until set. Break into small pieces to serve. *[From our kitchen: We transferred our matzo to a rack to cool first, then refrigerated for 5 minutes.]*

PER 3-INCH-SQUARE SERVING 128 CAL; 7.5g FAT (3.8g SAT); 1.5g PRO; 15.2g CARB; 0.6g FIBER; 29mg SODIUM; 10mg CHOL

SAID

This is so addictive. I made two batches, one with a chocolate top and no nuts, the other with nuts and no chocolate. I used mini chips, which eliminated the necessity of putting it back in the oven. By the time I sprinkled the chips all over the top, they melted and spread without trouble. Make sure you put foil or parchment on your cookie sheet! —COOKIN

I love this recipe! I've been making it for years with saltines as well. The proportions are off a bit. The amount of butter, brown sugar, chocolate, and nuts are enough for ONE pan—not two. I used six crackers on one pan and had another pan ready just in case. The thick caramel was just the right amount for the one pan—it would not have stretched to cover both. Ditto on the chocolate and nuts. So if you want to make two pans, you need 12 crackers, 2 cups of butter, 2 cups of brown sugar, 4 cups chocolate chips, and 2 cups chopped nuts! —LTPENT

This is SO good I'd make it all year! Tip: Don't skimp on the chocolate—get the best quality semisweet you can spring for! —AIMEEKESSLER

Word of caution: Don't let yourself get distracted like I did while cooking the butter and brown sugar. If the toffee gets too hot, it will bubble up and almost become foamy. The sugar crystallizes and thickens, which makes the pouring/spreading process onto the matzo very difficult. Sad part is I knew better but oh well! I'm still very excited to try it! —KATE

FIVE-STAR FINDS

★★★★★ PRODUCTS, EVENTS, OFFERS AND PROMOTIONS ★★★★★

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*Please see our ad on the back cover.

EGG-CELLENT IDEAS

We asked the Allrecipes.com community to tell us about their favorite egg-related kitchen equipment, and we scrambled in a few of our own faves, too!

From our kitchen: *It's debatable which came first—the chicken or the egg. But one thing's for sure: These egg cups will steal the show at breakfast or brunch. Chicken Feet Egg Cup Set, $15 for a set of four at stonewallkitchen.com*

From our kitchen: *Eggs are practically crushproof when stored in this sturdy plastic bin. Fridge Binz Egg Holder, $15 at containerstore.com*

"I use my egg slicer all the time—for eggs, of course, but I also slice mushrooms, strawberries, and kiwi with it. No kitchen should be without one!" **—LAURIE VIA FACEBOOK**

From our kitchen: *Make slices, halves, or wedges with one motion. Progressive International Compact Egg Slicer, $10 at amazon.com*

"A silicon-ball-ended whisk is wonderful for whisking and beating." **—SUSAN VIA FACEBOOK**

From our kitchen: *Scramble eggs without scratching your nonstick pan. WMF Profi Plus Silicone Ball Whisk, $17 at casa.com*

Blipp this page to instantly buy any of these products. (Blipp details on page 5.)

PHOTOS: KARA CONRAD FOOD STYLING: MANDY MACK

"I have to have a really good 8-inch nonstick frying pan to fry and scramble my eggs. I go through those faster than any other pan in my kitchen because it gets the most use."
—CATHY VIA FACEBOOK

From our kitchen: *A good nonstick pan is worth the investment, like this CS Nonstick 8-inch Omelette Pan, $40 at store.calphalon.com. And if you're an omelet fan, you need to try the super-size Flip & Fold Omelet Turner, $10 at oxo.com.*

"Why have a tool that only serves one purpose? Nothing makes a better egg than my muffin tins—many at a time and easy to clean!" —JEFF VIA FACEBOOK

From our kitchen: *A silicon muffin pan is particularly versatile—no more sticking issues. 12 Cup Silicone Muffin Pan, $20 at kitchenkapers.com.*

"I love my egg separator!"
—MARIE VIA FACEBOOK

From our kitchen: *Separate eggs in seconds by simply suctioning out the yolk. Yolk Out, $7 at amazon.com.*

From our kitchen: *Mornings are always sunny with this egg shaper. Sunnyside Egg Shaper, $14 at perpetualkid.com.*

From our kitchen: *Presto chango! A hard-boiled egg becomes an adorable bunny. Kotobuki Plastic Egg Mold, $4 for set of two (bunny and bear) at casa.com.*

Egg Salad: Go Healthy or Indulge?

Got a fridge full of post-Easter, pastel-colored, sticker-covered eggs? (Or just love hard boiled eggs?) Here are two equally delicious ways to use them up. One is an egg salad that leans on avocado instead of mayo for its creaminess (an option for those of us trying to make healthy swaps) The other recipe is a classic, tried and true, mayo-based version that's pretty irresistible Choose one, or try them both. You really can't go wrong!

go healthy

SUBMITTED BY Mr.Bloom
PREP 10 min
COOK 10 min
READY IN 30 min
MAKES 2 cups
RATING
★★★★½
22 reviews

DELICIOUS AVOCADO EGG SALAD

armagaz ne.com/avocado-egg salad

"Perfect for the person who loves egg salad but doesn't love the mayo that most recipes call for, very fresh-tasting. Fewer ingredients make this a quick-and-easy meal. If you have 30 minutes and hungry kids, this is the best recipe for egg salad sandwiches. Bon appétit." —MR.BLOOM

- **4 large eggs**
- **½ avocado, peeled, pitted, and diced**
- **2 stalks celery, finely chopped**
- **2 tablespoons mustard** *[From our kitchen: We love mustard, but found 2 tablespoons a little overpowering here, as did some others. You may want to try 1 to 2 teaspoons instead.]*
- **1 teaspoon salt** *[From our kitchen: Several reviewers found this to be on the salty side; we recommend salting to taste.]*
- **1 teaspoon black pepper**
- **1 teaspoon garlic powder**

1. Put eggs in a saucepan and cover with water Boil for 10 m nutes, and then transfer to a bowl of warm water A low eggs to rest In the warm water for 10 minutes.
2. Peel and rinse eggs under cold water to cool. Sl ce eggs or coarsely chop
3. Mash eggs and avocado in a bowl with a fork until well mixed but still chunky. Stir in celery, mustard, sa t, pepper, and garl c powder *[From our kitchen: This can be made a day ahead and chilled, tightly covered.]*

Note from Mr.Bloom: Don't let the eggs overcook—a little on the softer side is better You can use a b ender to give the avocado a creamier consistency Double, trip e, or quadruple ingredients to make more sandwiches, you won't be disappo nted

PER 1/2-CUP SERVING 115 CAL, 8.4g FAT (2g SAT), 6.7g PRO 4.4g CARB, 2.4g FIBER; 749mg SODIUM: 186mg CHOL

PROS

- ✚ Fee good about substituting good cholesterol (avocados) for bad (mayo).
- ✚ Only 115 calories for a ½ cup!
- ✚ 30 minutes to prepare.
- ✚ As close to guilt-free as you can get with egg salad.

CONS

- ➖ The salt and mustard can be overpowering (see our notes in Ingredient list)
- ➖ The sodium is on the high side—749mg in just ½ cup
- ➖ You might m ss the mayo (some people added a teaspoon for extra creaminess)

WHAT THEY SAID

I LOVED this! I used five eggs, one whole avocado and substituted red bell pepper for the celery. I added the seasonings to taste so I can't say how much I used—absolutely delicious. Perfect for a sandwich lunch! —KENZIE007

This was delicious as written! Perfect amount of spices and mustard for me. I had it on Ezekiel 4:9 bread, and this is the first filling lunch I have had since trying to watch what I eat! Will make this again and again! Thank you! —NIXTER939

Tried your recipe last night for a quick dinner. My roomates thought it was very good and very tasty—it was gone before I knew it. Next time I'll make a double batch. —KAYA21

Blipp now to see how to choose, store, and handle avocados (blipp details are on page 5). Or go to **armagazine.com/avocado-video**

indulge

Tip: Make this before company arrives, without adding the green onion; store, covered, in the fridge for up to one day. Right before you're ready to serve, stir in the green onion.

SUBMITTED BY wifeyluvs2cook
PREP 10 min
COOK 15 min
READY IN 25 min
MAKES 2½ cups
RATING ★★★★½
526 reviews

DELICIOUS EGG SALAD FOR SANDWICHES

armagazine.com/delicious-egg-salad

"This is a wonderful egg salad that you will definitely devour." —WIFEYLUVS2COOK

- **8 large eggs**
- **½ cup mayonnaise** *[From our kitchen: The salad was a little on the runny side, but reducing the mayo from ½ to ⅓ cup fixed it.]*
- **1 teaspoon yellow mustard**
- **¼ cup chopped green onion**
- **¼ teaspoon paprika**
- **Salt and black pepper to taste**

1. Put eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop. *[From our kitchen: We used an egg slicer, then mashed the eggs in a bowl with a fork until chunky. See page 42 for one of our favorites.]*
2. Put chopped eggs in a bowl, and stir in mayonnaise, mustard, and onion. Stir in paprika, and salt and pepper to taste. Serve on your favorite bread or crackers.

PER HEAPING 1/2-CUP SERVING 344 CAL, 31.9g FAT (6.4g SAT); 13g PRO; 2.3g CARB; 0.3g FIBER; 409mg SODIUM; 433mg CHOL

SAID

Eggscellent!! LOL...family really enjoyed this. I usually don't put mustard in my egg salad, but this was really good. Will make again...great way to use those Easter eggs! —SLJ6

This recipe is a prime example of how the most basic ingredients can make something filling and comforting. So good. —SARAH JO

My mother taught me the secret to great egg salad is to mix the cold mayo with the still hot yolks. This makes a much creamier base for the rest of the ingredients. —PEARLMEL1957

My original plan was for an egg salad recipe that was a little fussier than this. However, after an earlier experience with a recipe with a more "complicated flavor," I decided to play it safe and go on the basic side with this recipe instead. It IS delicious, taking me back to earlier days and a simpler style of cooking. I mean, didn't everyone's mom make egg salad just like this? This is good as is, but you can doll it up any way you like. For me, that meant adding celery, because it just isn't egg salad without it. —NAPLES34102

+
- A classic, fuss-free recipe made from staple ingredients.
- Only 2.3g of carbs per serving.
- Easy to customize to your tastes.
- Even the pickiest egg-salad purists will like this!

−
- Some folks found the mayo excessive (see our note in ingredient list)
- 31.9g of fat per serving (yikes).
- You'll end up eating half of it before you even make a sandwich!

Blipp to see how easy it is to make perfect hard-boiled eggs, or go to **armagazine.com/hard-boiled-eggs-video**

PHOTO: KIP DAWSON; FOOD STYLING: LIS CASTLE PURL; PROP STYLING: JOHN HELLANDER

Rhubarb... beyond pie!

It looks like embarrassed celery and is tart enough to make you wince. It's technically a vegetable, yet it's used like fruit. Rhubarb has some image problems, for sure. But with a little love (and sugar), it's downright delicious. And as rhubarb lovers on Allrecipes.com demonstrate, it can be used in so much more than pie!*

*And if you've got your heart set on rhubarb pie (or cake), try two recipes we love at armagazine.com/rhubarb-pie and armagazine.com/omas-rhubarb-cake

Save good food.

From going bad.

GLAD ClingWrap

CLINGS TIGHT

FRESHNESS, WRAPPED UP

AUNT NORMA'S RHUBARB MUFFINS

5-STAR RATING

armagazine.com/rhubarb-muffins

"These fabulous muffins have a crunchy, sweet topping and are great with no added butter." —CHARLIEBABE

- **2½ cups flour**
- **1 teaspoon baking soda**
- **1 teaspoon baking powder**
- **½ teaspoon salt**
- **1¼ cups packed brown sugar**
- **½ cup vegetable oil**
- **1 egg**
- **1 teaspoon vanilla extract**
- **1 cup buttermilk**
- **1½ cups diced fresh rhubarb, or 2 cups frozen chopped rhubarb** *[From our kitchen: If you want more rhubarb flavor, as many reviewers did, add an extra ½ cup rhubarb.]*
- **½ cup chopped walnuts**
- **1 tablespoon melted butter**
- **½ cup white sugar**
- **1 teaspoon ground cinnamon**

Blipp to see how easy this is to make! Or go to **armagazine/rhubarb-muffin-video**

1. Preheat oven to 350°F. Grease muffin pans or line with paper cups.
2. In a bowl, stir together flour, baking soda, baking powder, and salt. In a separate bowl, beat brown sugar, oil, egg, vanilla, and buttermilk with an electric mixer until smooth. Pour in dry ingredients, and mix by hand just until blended. Stir in rhubarb and walnuts. Spoon batter into prepared pans, filling cups almost to the top. In a small bowl, stir together melted butter, white sugar, and cinnamon; sprinkle about 1 teaspoon of this mixture on top of each muffin.
3. Bake until tops of muffins spring back when lightly pressed, 25 to 30 minutes. Cool in pans for at least 10 minutes before removing. *[From our kitchen: We filled our ⅓ cup muffin cups about two-thirds full, and we had enough batter for 20 muffins. The baking time was spot-on.]*

PER 1-MUFFIN SERVING 157 CAL; 7.1g FAT (1.2g SAT); 2.4g PRO; 21.5g CARB; 0.7g FIBER; 141mg SODIUM; 10mg CHOL

SAID

Delicious! I used 2 cups rhubarb. Hubby even likes them, and he hates rhubarb. All the gals at card club requested the recipe! —KIM JONES

These are possibly the best muffins I've ever had. They were a hit with the whole family, whether rhubarb lovers or not. I did double the topping because I didn't feel there was enough. —SUSAN

OH, MY GOSH! I finally found the recipe I've been looking for for two years! They're sooooo delicious! Love them! —CLARA-IS-A-COOKIEMONSTER

These muffins turned out great! Using buttermilk is best because it helps the baking soda work properly. It will give a better texture to the muffins, too. One tablespoon vinegar with milk measured to 1 cup is an OK substitute, but if you're going to the store, definitely get the buttermilk. —MISSY123

SUBMITTED BY chathebabe
PREP 15 min
COOK 25 min
READY IN 50 min
MAKES about 2 dozen
RATING ★★★★★
171 reviews

If you're using frozen rhubarb, don't bother thawing it; just add it to the batter and bake your muffins about 5 minutes longer.

SUBMITTED BY CHOLLOW
PREP 10 min
COOK 45 min
READY IN 55 min
MAKES 2 pints
RATING ★★★★½
59 reviews

This easy jam keeps in the fridge for several weeks or in the freezer for up to a year. If yours looks more green or brown when it's cooked, you can add a few drops of red food coloring.

RHUBARB JAM

armagazine.com/rhubarb-jam

"A rhubarb lover's delight: rhubarb jam, pure and simple, with the consistency of apple butter! This jam also freezes well, but it will probably get eaten up before making it to the freezer." —CHOLLOW

- **8 cups fresh or frozen chopped rhubarb (about 2½ pounds)**
- **2 cups sugar** *[From our kitchen: If you like your jam a little tangier, use only 1½ cups of sugar.]*
- **2 teaspoons grated orange zest**
- **⅓ cup orange juice**
- **½ cup water**

In a saucepan, combine rhubarb, sugar, orange zest, orange juice, and water. Bring to a boil, then cook over medium-low heat for 45 minutes, stirring occasionally, or until thick. It will thicken more as it cools. *[From our kitchen: Ours was plenty thick after 35 minutes.]*

Ladle into hot sterile jars, and seal with lids and rings. Store in the refrigerator. *[From our kitchen: You can sterilize jars by boiling them in water to cover for 10 minutes.]*

PER 2-TABLESPOON SERVING 57 CAL, 0.1g FAT (0g SAT); 0.3g PRO; 14.4g CARB; 0.7g FIBER; 1mg SODIUM; 0mg CHOL

SHADES OF SWEETNESS: Rhubarb ranges from green to pink to ruby red, depending on variety and growing conditions. Generally speaking, the redder the stalk, the sweeter the taste.

The rhubarb syrup in this drink keeps in the fridge for at least a week. You can stir any extra into iced lemonade, grapefruit soda, or seltzer—or even drizzle it on pancakes or desserts.

SUBMITTED BY Cathleen
PREP 12 min
COOK 7 min
READY IN 19 min
SERVES 12
RATING ★ ★ ★ ★
2 reviews

YOU SAID

My daughter loves this jam so much that she eats it with a spoon. It's too good to waste on bread. —DEBI EMILEE

I was trying to find a good pectin recipe because I've never been a fan of using Jell-O in a jam. This one uses neither pectin nor Jell-O, and it works wonderfully! —CTHOMASGIRL

WOW! I love that this can be made from start to finish in under an hour. I love the full rhubarb flavor. —BEARLYBARBIE

This is great! It's easy to make. And if you like marmalade (not too sweet and made with orange peel), you will love this jam. I will make a bigger batch next time. —CATH

Hidden Gem

RHUBARB-INFUSED 'BARBTINI

armagazine.com/barbtini

"This is great for using up that extra rhubarb. It's a very kicky twist on a Cosmopolitan, and you can use the syrup to add a spark to any of your favorite drinks—from vodka lemonade to margaritas. The syrup makes enough for 12 cocktails, so invite your friends over!" —CATHLEEN

- **1 cup sugar**
- **2 cups water**
- **2 cups thinly sliced fresh rhubarb, or 3 cups frozen chopped rhubarb**
- **2 cups good-quality vodka**
- **¾ cup Triple Sec liqueur**
- **12 cups crushed ice**

To make the rhubarb syrup, put sugar and water in a saucepan and bring to a boil over high heat, stirring occasionally. Reduce heat to medium, and stir in rhubarb. Simmer until rhubarb is softened and stringy, 5 to 7 minutes. Press out the juice with a spoon while straining syrup through cheesecloth or a strainer into a glass jar or bottle. Discard rhubarb solids. Cool syrup and refrigerate until needed.

To make a 'Barbtini, combine 1½ ounces (3 tablespoons) vodka, 1 ounce (2 tablespoons) rhubarb syrup, and ½ ounce (1 tablespoon) Triple Sec in a shaker with 1 cup ice. Shake until the outside of the shaker is frosty. Strain into a martini glass. *[From our kitchen: The rhubarb flavor really came through when we traded the Triple Sec in each drink for another tablespoon of rhubarb syrup.]*

What makes a creamy cheesecake better? A layer of sweet-tart rhubarb, that's what. And if your cheesecake top cracks or isn't perfectly level? No worries! The sour cream topping hides any flaws.

SUBMITTED BY Barb
PREP 20 min
COOK 40 min
READY IN 1 hr, 5 min
SERVES 12
RATING ★★★★½
104 reviews

FARM TO FRIDGE TO FREEZER: When buying fresh rhubarb, choose crisp straight stalks, refrigerate in plastic, and use or freeze within a week. Rhubarb freezes very well. You don't even have to blanch it first. Just wash it, chop it, and freeze it in zip-top plastic freezer bags for up to a year.

well said

"When I told most people I had a rhubarb cheesecake for them, the reactions were, "I'm not a big fan of rhubarb." This cheesecake changed their minds. Not one naysayer in the group! —DIANE

What a great change from the everyday cheesecake. The rhubarb gave this cake a great, unique, tangy flavor. The crust was like shortbread. I'll definitely make this again. —CANADA_COOKIN

This is definitely a 5-star recipe. Make sure you put your pan on a cookie sheet or you will have a real mess to clean up. Everyone raved that the rhubarb had just the right amount of sweet-sour taste. Definitely a keeper! —JOY

RHUBARB CHEESECAKE

armagaz ne com/rhubarb_cheesecake

"An exquisite cheesecake made with fresh rhubarb and finished with sour cream topping." -BARB

- **1 cup plus 1 tablespoon all-purpose flour**
- **1¼ cups plus 2 tablespoons sugar**
- **½ cup butter, diced**
- **3 cups chopped fresh rhubarb** *[From our kitchen: This is one time only* **fresh** *rhubarb will do; frozen makes for a soggy crust.]*
- **2 (8-ounce) packages cream cheese, softened**
- **2 eggs**
- **1 cup sour cream**
- **1 teaspoon vanilla extract**

1. Preheat oven to 375°F. In a bowl, combine 1 cup flour, ¼ cup sugar, and butter. Mix until crumbly and pat into the bottom of a 9-inch springform pan. *[From our kitchen: Patting the crust up the sides a little (over the seam of the pan) wrapping the base of the pan with aluminum foil, and setting it on a baking sheet helps prevent leaks—and a mess in your oven.]*
2. In a bowl, toss together rhubarb, ½ cup sugar, and remaining tablespoon flour. Pour onto crust. Bake for 15 minutes. *[From our kitchen: We found that baking the rhubarb-topped crust for 45 minutes instead of 15 minutes fixed two issues several other reviewers noticed: a wet crust and under-cooked rhubarb.]* Remove from oven and set aside. Reduce oven temperature to 350°F.
3. In a large bowl, beat together cream cheese and ½ cup sugar until creamy. Beat in eggs one at a time. Pour over hot rhubarb in the pan.
4. Bake 30 minutes, or until filling is set. In a small bowl, combine sour cream, remaining 2 tablespoons sugar, and vanilla. Mix well and spread on top of cake while cake is still hot. [*From our kitchen: For easy cutting, cool cake 2 hours at room temperature and chill 6 hours or overnight before serving. We drizzled the finished cheesecake with some of the rhubarb syrup left over from the Barbtini (page 49). We just thickened it with a bit of cornstarch to get it to the right "drizzle" consistency.*]

PER 1-SLICE SERVING 387 CAL, 25.7g FAT (15.9g SAT); 6g PRO; 34.7g CARB; 0.8g FIBER; 188mg SODIUM; 105mg CHOL

RHUBARB CHUTNEY

armagazine.com/rhubarb-chutney

"The sweet-and-sour flavor of the spiced rhubarb sauce is truly mouthwatering. If fresh rhubarb is not available, frozen may be used." —MICHELE O SULLIVAN

- **¾ cup sugar**
- **⅓ cup cider vinegar**
- **1 tablespoon minced fresh ginger**
- **1 tablespoon garlic powder** *[From our kitchen: If you prefer, you can use 2 minced garlic cloves instead of the powder.]*
- **1 teaspoon ground cumin**
- **½ teaspoon ground cinnamon**
- **½ teaspoon ground cloves**
- **¼ teaspoon dried red pepper flakes**
- **4 cups diced fresh rhubarb, or 6 cups frozen chopped rhubarb**
- **½ cup chopped red onion**
- **⅓ cup golden raisins**

Combine sugar, vinegar, ginger, garlic powder, cumin, cinnamon, cloves, and pepper flakes in a large saucepan. Bring to simmer over low heat, stirring occasionally, until sugar dissolves. Add rhubarb, onion, and raisins. Increase heat to medium-high and cook until rhubarb is tender and mixture thickens slightly. Remove from heat and let cool completely. *[From our kitchen: Allow 1½ hours to cool at room temp or, to let the flavors blend and mellow, chill one day in refrigerator. Store in refrigerator up to a week.]*

PER ¼-CUP SERVING 58 CAL, 0g FAT (0g SAT); 1g PRO; 14.5g CARB; 1g FIBER; 3mg SODIUM; 0mg CHOL

Visit **armagazine.com/rhubarb-chutney** or simply blipp this page for Michele's expanded recipe, which uses the chutney in a roast pork dish called Bifana—good stuff!

DON'T EAT THE LEAVES: The broad green leaves of the rhubarb plant contain a fair amount of oxalic acid, which in high doses is toxic. (The stalks contain some, too—oxalic acid, along with other acids, is what makes it so tart—but not enough to harm you from normal consumption.) It's usually sold without the leaves, but if you pick it fresh be sure to discard the leaves.

YOU SAID

What a great combination of flavors. I followed the recipe exactly, and the chutney was fantastic. —ALBIANNE

This is a recipe that my whole family loves. We have made this several times and find it's a great way to complement pork (or chicken, duck, etc.) prepared almost any way. Don't be afraid to try it. You won't be disappointed. —TERIYOSICKY

What an excellent recipe; thank you for sharing. My husband has declared this his new favorite. The only omission I made was the red pepper flakes, since I was also feeding two young children. The prep time wasn't bad for the results. We'll definitely make this again. —ELFINDANCER

Sooo yummy! It was a great and inventive way to use up some leftover rhubarb from last season before my new stuff comes in. —SELENA

I'm going to try a double batch and freeze it next time for an easy, quick topper. —BEBE

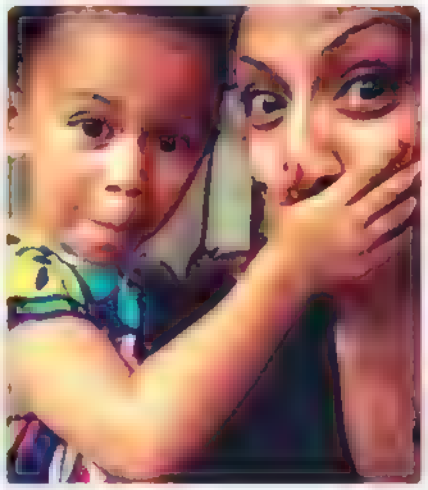
SUBMITTED BY Michele O Sullivan
PREP 20 min
COOK 15 min
READY IN 2 hr
MAKES 4 cups
RATING ★★★★½
51 reviews

This chutney is a great condiment for roast pork, duck, or chicken. We also liked it with Brie and crackers.

Here's Lookin' at You!

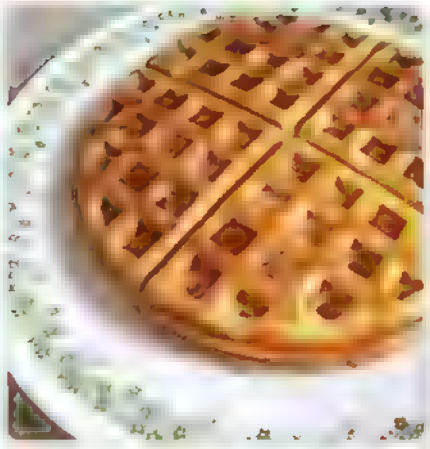
I made these as party favors for a baby shower, but they'd be great for Easter, too

Submitted by:
DEVON ROBLEE



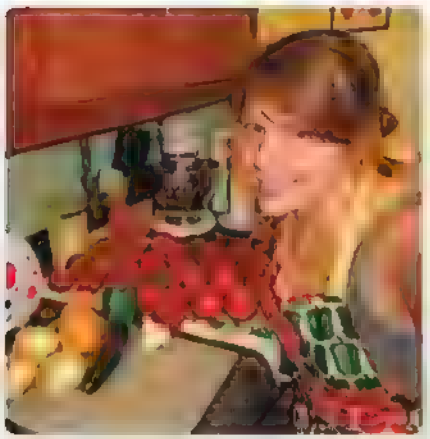
Shhhh, don't say anything—we're on camera!

Submitted by:
COOKNMISS



Bring on the waffles; they make any morning better

Submitted by:
NATHAN



I never follow a recipe for tomato sauce. It changes all the time depending on the veggies I have, but the family is never disappointed. Whenever possible, I use tomatoes from my garden.

Submitted by:
EATSFROMHANDMADEPOTS

A Pacific Northwest take on the classic French niçoise, made popular by the beloved Julia Child

Submitted by
NAPLES34102

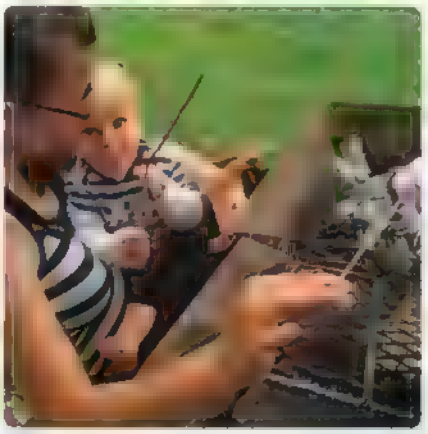
No time to cook? Juice it! A meal in a glass :)

Submitted by:
NEOGENISIS

IT'S OFFICIAL: YOU'VE GOT **SPRING FEVER!** WE CAN TELL BY WHAT YOU'RE COOKING UP—EASTER TREATS, LEMON DESSERTS, SPRING SALADS, AND MORE.

A spring bouquet you can eat!

Submitted by:
ANGELA

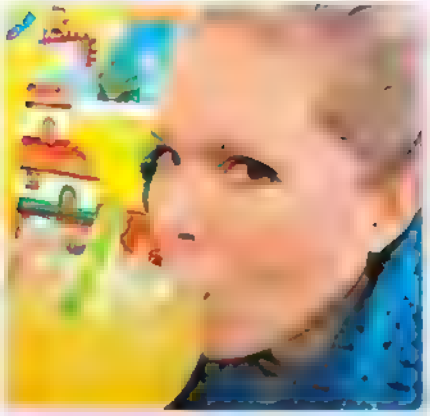


Maybe we have a Bobby Flay in the making! Practice with marshmallows, then work up to the hard stuff!

Submitted by:
KASIA

A delicious way to shake off winter—a much-needed burst of freshness for the soul, and good for your waistline!

Submitted by:
NAPLES34102



There's never just one season for margaritas. When all else fails, margaritas. Keep calm, margarita on.

Submitted by:
NATURALLYBALANCED

I was looking for a dessert for a special occasion—I chose soufflés because they looked amazing, and I wasn't disappointed! Easy to make, and light and delicious.

Submitted by:
CATHERINE.DREW

Take the time to pickle and preserve this spring and summer, and you've got gifts ready to go all year long.

Submitted by:
PINNERCOACH

To see more photos from the Allrecipes community, follow us on Pinterest!

LOOK, EVERY BUNNY! HERE COMES THE

Easter

Gather your favorite peeps for a sweet procession

Parade

of desserts that will definitely have people cheering.

BUNNY CAKES

There's no "recipe" for these bunny cakes—we got the idea from a very clever video on Allrecipes.com (see below). This mama bunny and her babies are really easy to make and a lot of fun for Easter. We give instructions for making two mama bunnies because an average box cake mix yields enough batter for two cake layers.

FOR TWO MAMA BUNNIES, YOU NEED:

- **2 (9-inch) round cake layers, baked and fully cooled (use a boxed mix or your favorite recipe; we used the Strawberry Cake from Scratch at armagazine.com/strawberry-cake-from-scratch)**
- **5 to 6 cups white frosting (use a prepared frosting or your favorite recipe; we used Sturdy Whipped Cream Frosting at armagazine.com/whipped-cream-frosting)**
- **1 (14-ounce) package shredded coconut**
- **Jumbo, large, and mini marshmallows**
- **Red food coloring**
- **Green, blue, and pink jelly beans**

TO ASSEMBLE BUNNY CAKES:

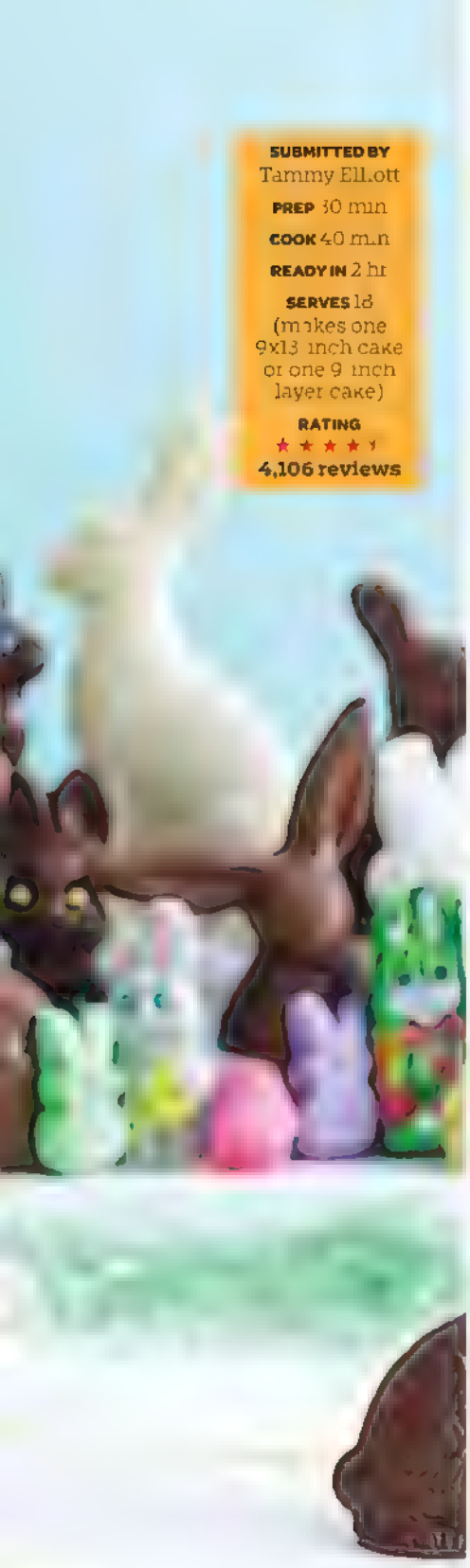
1. Cut one cake layer in half crosswise to form two half circles. Frost one side of a half circle, then top with other half, sandwiching them together. Place cake, cut side down and rounded side up, on a cake platter. (Rounded side will become the bunny's back.) Apply a thin layer of frosting (a crumb coat) to top and sides. Repeat with remaining cake layer. Chill in refrigerator 30 minutes.
2. Apply a second coat of frosting to top and sides of cakes. Press coconut into the frosting of each cake to give each bunny's coat a furry texture, patting to adhere. Flatten jumbo marshmallows between your palms, then use scissors to cut thick slices from them for bunny ears. (Don't be surprised if your bunny ears shrink back down a bit.) Tint ¼ cup frosting pink with red food coloring. Frost inside of ears pink. Affix ears to one end of each bunny, pressing to anchor them in the frosting. Flatten large marshmallows and apply one to each bunny's backside as a tail.
3. Use green or blue jelly beans as eyes and add pink jelly beans as noses. Flatten mini marshmallows and apply as cheeks. Serve cake immediately, or refrigerate up to 1 day.

PER SERVING: NUTRITION INFORMATION DEPENDS ON TYPE OF CAKE AND FROSTING YOU USE

Blipp to check out the video (blipp details on page 5), or go to armagazine.com/bunny-cake-video

Baby Bunny Variation: To make one mama and three baby bunny cakes, bake half the cake batter in a 9-inch round pan, as directed on the box or in the recipe, and bake the remaining batter in a 9x13-inch pan for 25 to 30 minutes at 350°F. When cakes have cooled, use a 5½-inch bowl to cut two rounds and a 4-inch bowl to cut one round from the 9x13-inch cake. (You'll have some left over.) Proceed as directed in steps 1 to 4 with each of the rounds, using smaller marshmallows for the ears and tails of the baby bunnies.

Brown Bunny Variation: If you like, use toasted coconut for the bunny fur. Put a cup of coconut in a dry skillet set over low heat and cook, stirring constantly until coconut turns light brown. Remove from heat and transfer to a bowl to stop the cooking (so the coconut doesn't burn). Cool and use to decorate the bunny.



SUBMITTED BY
Tammy Elliott
PREP 30 min
COOK 40 min
READY IN 2 hr
SERVES 18 (makes one 9x13 inch cake or one 9 inch layer cake)
RATING
★★★★½
4,106 reviews

CARROT CAKE III

armagazine.com/carrot-cake-iii

"I've tried many carrot cakes, and this is my favorite recipe. If you don't like pecans, feel free to leave them out." —TAMMY ELLIOTT

- **4 eggs**
- **1¼ cups vegetable oil**
- **2 cups white sugar**
- **3 teaspoons vanilla extract**
- **2 cups all-purpose flour**
- **2 teaspoons baking soda**
- **2 teaspoons baking powder**
- **½ teaspoon salt**
- **2 teaspoons ground cinnamon**
- **3 cups grated carrots**
- **2 cups chopped pecans**
- **½ cup butter, softened**
- **8 ounces cream cheese, softened**
- **4 cups powdered sugar**

[From our kitchen: We decorated with orange gel icing, green cake-decorating frosting, a large marshmallow Peep bunny attached with a wooden skewer, a few jelly beans, and Galerie edible candy Easter grass, which is available online.]

1. Preheat oven to 350°F. Grease and flour a 9x13-inch pan. *[From our kitchen: We used two 9-inch round cake pans, lined them with parchment, and greased and floured the paper to keep the cakes from sticking.]*
2. In a large bowl, beat together eggs, oil, white sugar, and 2 teaspoons vanilla. Mix in flour, baking soda, baking powder, salt, and cinnamon. Stir in carrots. Fold in 1 cup pecans.
3. Pour batter into prepared pan. Bake 40 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely. *[From our kitchen: We divided the batter between two round pans, baked 40 minutes, and removed the parchment after turning them out onto a rack. We lined the rack with parchment to prevent sticking there, too, because it's a very moist cake.]*
4. Combine butter, cream cheese, powdered sugar, and remaining 1 teaspoon vanilla in a bowl. Beat until mixture is smooth and creamy. Stir in remaining cup of chopped pecans. Frost and decorate the cooled cake.

PER SERVING 575 CAL; 34.8g FAT (9.1g SAT); 5.1g PRO; 63.7g CARB; 2.2g FIBER; 347mg SODIUM; 74mg CHOL

Tap to see how to make this recipe, or go to **armagazine/carrot-cake-iii-video**

Tip: To get a jump-start on Easter (or a dinner party!), you can bake the cake layers well ahead of time and freeze them (up to three months) before thawing and frosting.

SAID

I chose this recipe specifically because it did not contain pineapple. It was wonderful just as written. —KAELHA

Great recipe. It was my first homemade carrot cake, and it turned out perfect. —JEANINE

This recipe was incredible. After a box mix went awry, I turned to this terrific site to find a scratch recipe and decided to try this one. Scrumptious! Like some other bakers, I made a few substitutions and additions: I used ¾ cup oil and ½ cup applesauce; 1 cup white and 1 cup brown sugar; walnuts instead of pecans; and I added ¼ teaspoon nutmeg. I used two 9-inch greased and floured cake pans. Everyone in the family gave rave reviews and had two pieces! —S. WARREN

Exceptional! My family hovers in the kitchen when I set out ingredients to make this cake. This is a wonderful carrot cake recipe EXACTLY as written. But to personalize the recipe I decided to experiment. Based on other reviews: upped the cinnamon to 2½ teaspoons, added 1 teaspoon of nutmeg, and 1 teaspoon of allspice. Also increased the carrots to 4 cups and the vanilla to 3 teaspoons. Phenomenal! —CRYSTAL S

SUBMITTED BY
CC♥'s2bake
PREP 40 min
COOK 20 min
READY IN
1 hr 20 min
MAKES 2 dozen
RATING
★ ★ ★ ★ ½
4 reviews

Hidden Gem

CARLEE'S CELEBRATE SPRING CUPCAKES

armagaz ne com/ce ebrate spring cupcakes

"These cupcakes have creamy chocolate surprise centers and a cute little bird's nest on top of creamy chocolate frosting. I made these in honor of my daughter, Carlee." —CC♥ S2BAKE

- **1 (18.25-ounce) package chocolate cake mix**
- **1¼ cups water**
- **⅓ cup vegetable oil**
- **3 eggs**
- **2 (3.9-ounce) packages instant chocolate pudding mix**
- **2 cups milk**
- **2 cups frozen whipped topping, thawed**
- **½ cup chocolate sprinkles**
- **72 mini chocolate candy-coated Easter eggs** *[From our kitchen: Malted milk eggs, Jordan almonds, or jelly beans would also work here.]*

Preheat oven to 350°F. Grease 24 muffin cups or line with paper liners. *[From our kitchen: We found these worked best with paper liners, which help the cupcakes hold their shape when you fill them later on.]*

In a large bowl, beat together chocolate cake mix, water, oil, and eggs with an electric mixer on medium speed until thoroughly combined, about 2 minutes. Fill each muffin cup two-thirds full with batter.

Bake until a toothpick inserted into the center of a cupcake comes out clean, 19 to 23 minutes. Allow cupcakes to cool thoroughly, about 20 minutes.

Beat pudding mix with milk in a bowl using electric mixer until thickened, about 2 minutes. Beat thawed whipped topping into pudding mixture to make a creamy filling.

Spoon about 1½ cups filling into a pastry bag fitted with a large piping tip. Press the piping tip into the center of each cupcake and fill cupcake with about 1½ tablespoons of pudding mixture. Spoon a heaping tablespoon of remaining pudding mixture on top of each cupcake to make a nest. *[From our kitchen: Use the back of a teaspoon to make an indentation in the center of the pudding for a more-convincing nest.]* Press chocolate sprinkles into edges of the nests, put three mini chocolate eggs into each nest.

PER 1-CUPCAKE SERVING 211 CAL, 10g FAT (3.5g SAT); 3.2g PRO; 28.7g CARB; 0.8g FIBER; 329mg SODIUM; 28mg CHOL

SAID

These were definitely a hit with my family and kiddos. I made a Duncan Hines devil's food cake, and for the frosting I used sugar-free/fat-free chocolate pudding, skim milk, and fat-free whipped topping. Delicious and light! The kiddos decorated them with the chocolate sprinkles and Cadbury mini candy-coated eggs. Thanks! —SLJ6

What a wonderful cupcake! I made these this afternoon with my little guy, and we had a blast. The creamy filling/frosting is absolutely delicious, and I definitely will be using it for other cupcakes as well. Thanks for sharing this cute, easy, and fun cupcake! —KORILYNNE

Tip: Here's a smart suggestion from CC♥'s2bake, who submitted the recipe. "I find the cupcakes fill easily, but if you want to make it *really* easy, scoop out a small section of the center first. The topping will cover the hole. You can use any flavor cake mix that goes well with chocolate.

SWEET STATS

No animals were harmed in the making of this Easter parade, but tragically (for our waists!) hundreds of chocolate and marshmallow creatures were rounded up, photographed, and eaten. **The final tally from our photo shoot:**

156
marshmallow chicks and bunnies

218
chocolate rabbits totaling 62.4 pounds (the equivalent of an 8-year-old child!)

1,800
jelly beans

AUNT CONNIE'S COCONUT CAKE

armagazine.com/coconut_cake

"Aunt Connie made this cake for special occasions. It is as wonderful as she was, and I remember her every time I make it." –DIANA

FOR CAKE

- **3 cups all-purpose flour**
- **¼ teaspoon salt**
- **¼ teaspoon baking soda**
- **1½ cups butter, softened**
- **3 cups sugar**
- **6 eggs**
- **1 cup sour cream**
- **1 teaspoon vanilla extract**
- **1 (7-ounce) package sweetened flaked coconut**

FOR FROSTING

- **1 cup milk**
- **2 tablespoons cornstarch**
- **1 cup sugar**
- **½ cup butter, softened**
- **½ cup solid vegetable shortening**
- **2 teaspoons vanilla extract**
- **½ (7-ounce) package sweetened flaked coconut**

***[From our kitchen:** To give the cake a little hit of color, we added pastel-colored meringue cookies. Look for them in the bakery at your supermarket.]*

To make cake:

O Preheat oven to 350°F. Grease a 10-inch tube pan. *[**From our kitchen:** Don't try using a smaller pan! This makes nearly 12 cups of batter, so you need a very deep 10-inch tube pan, like those used for angel food cake, or a Bundt pan. And grease it generously—this baby likes to stick.]*

O Combine flour, salt, and baking soda in a bowl. Beat butter and sugar with an electric mixer in a large bowl until light and fluffy. (The mixture should be noticeably lighter in color.) Beat eggs one at a time into butter mixture, allowing each egg to blend completely before adding the next. Beat in sour cream and vanilla extract with the last egg. Gradually stir flour mixture into egg mixture, mixing until just incorporated. Fold in flaked coconut, mixing just enough to evenly combine. Pour batter into prepared pan.

O Bake until a toothpick inserted into the center comes out clean, about 1½ hours. Cool in the pan for 10 minutes before removing to cool completely on a wire rack. *[**From our kitchen:** It helps to run a knife around the sides and tube before removing the cake from the pan.]*

To make frosting:

O Whisk together milk and cornstarch in a saucepan over medium heat until mixture becomes very thick, stirring constantly, about 5 minutes; set aside to cool completely. *[**From our kitchen:** We find it helps to whisk the cornstarch into the milk off the heat until smooth before cooking.]* Beat sugar, butter, and shortening with an electric mixer in a bowl until mixture is smooth and creamy. Beat cooled milk paste and vanilla extract into sugar mixture to achieve a light and creamy frosting.

O Spread frosting over completely cooled cake and sprinkle with flaked coconut.

Note from Diana: At Easter, I usually take a third of the coconut and mix with a few drops of green food coloring, sprinkle this on the top, and place a few jelly bean eggs around to look like Easter eggs on grass.

PER SERVING 694 CAL; 40g FAT (23.7g SAT); 6.6g PRO; 79.9g CARB; 2.5g FIBER; 313mg SODIUM; 148mg CHOL

Tip: If you want big coconut flavor, add more flaked coconut to the batter. Toasting the coconut that's sprinkled on the frosted cake also will boost the coconut factor.

I have been searching for a good coconut cake and I have now found it. It appears to be more of a pound cake. I will make this again and again and again.
—MARJENATA

This cake was absolutely amazing! I did not frost the cake, just ate it the way it was. Yummy! —JOAN T

The cake has a wonderful texture with a buttery, subtle coconut flavor. The frosting was the perfect concoction for highlighting the coconut. —PEG C

SUBMITTED BY
Diana

PREP 30 min

COOK 1 hr 30 min

READY IN 3 hr

MAKES One (10 inch) tube cake (serves 16)

RATING
★ ★ ★ ★ ½
3 reviews

This recipe makes a very big bouquet of cake balls. But you don't have to decorate them all at once—or even decorate them all for Easter. You can freeze any extra uncoated dough balls (with the sticks inserted) and frost them another way on another day.

SUBMITTED BY
Allison

PREP 2 hr 20 min

COOK 30 min

READY IN
2 hr 50 min

SERVES 3 dozen

RATING
★★★★½
1,822 reviews

CAKE BALLS

armagazine.com/cake-balls

"This recipe is very versatile and heavily addictive. You can mix and match cake and icing flavors as well as the chocolate coatings. If you want to go the extra mile, cake balls can be rolled in nuts, sprinkles, or coconut, or double-dipped in white and dark chocolates." –ALLISON

- **1 (18.25-ounce) package chocolate cake mix** *[From our kitchen: You'll also need oil, eggs, and water to prepare the mix. Check your box for amounts.]*
- **1 (16-ounce) container prepared chocolate frosting**
- **4 (3-ounce) bars chocolate-flavored confectioner's coating or almond bark** *[From our kitchen: Instead of the coating, we used 12 (4-ounce) bars white chocolate melted with 1 cup solid vegetable shortening. See "To make bees and flowers," at right, for more on what you'll need to mirror our look.]*
- **36 lollipop sticks**

Prepare cake mix according to package directions using any of the recommended pan sizes. When cake is done, crumble while warm into a large bowl, and stir in frosting until well blended. Use a small ice cream scoop to form cake mixture into balls. Insert lollipop sticks into each ball. *[From our kitchen: We used a 2-tablespoon scoop placed the balls on a wax paper–lined sheet inserted the sticks almost all the way to the top of each ball, and froze them 1 to 2 hours.]* Melt confectioner's coating in a glass bowl in the microwave or in a metal bowl over a pan of simmering water, stirring occasionally until smooth. Dip the balls in coating using a toothpick or fork to hold them *[From our kitchen: We transferred the frozen balls to a baking rack set over a tray, and spooned the coating over them rather than dipping, to help keep the balls intact and on their sticks. Tapping the rack helped the coating settle evenly.]* Place on waxed paper to set. Decorate as desired.

To make bees and flowers: We melted white chocolate with shortening, then tinted half of it with yellow food coloring. For the bee look, we coated some cake balls with the yellow chocolate. We piped stripes and eyes on the yellow balls with black cake-decorating icing and added almond slices for wings. For the flower look, we coated some of the balls with the white chocolate. We sprinkled the centers of the white balls with pink and purple sanding sugar and ringed them with toasted almond slices for petals. (The sugar adheres best if you apply it right after coating the balls. The coating sets in about 1 minute, so it's easiest to dip and decorate in small batches.) To cover any bald patches, we then spread a little of the chocolate coating on the flattened underside of each ball and set it on waxed paper to smooth out. To serve these upright, you can poke the sticks into a block of Styrofoam or florist's foam taped inside a serving dish or flowerpot and cover the foam with paper or plastic grass.

PER SERVING: NUTRITION INFORMATION DEPENDS ON TYPE OF CAKE AND COATING YOU USE.

Blipp for more tips on making cake balls, or go to armagazine.com/cake-balls-video

SAID

This is similar to a recipe that cake decorators use to use up cake scraps. Instead of frosting, we mix the cake crumbs (any flavor cake) with flavored liquid coffee creamer (again, any flavor). Just add enough of the creamer to the cake crumbs to make a paste; shape into balls and chill. When firm, dip in melted chocolate. —MARIAHAN

I was a little hesitant to make them, but after adjusting some things, they came out wonderful! I baked the cake ALL the way, cooled it completely, crumbled it, and added only half of the frosting! That makes it less of a mush, and more cakelike. I rolled them and refrigerated them for an hour. They are a little time-consuming but worth every bite! —WIFEYLUVS2COOK

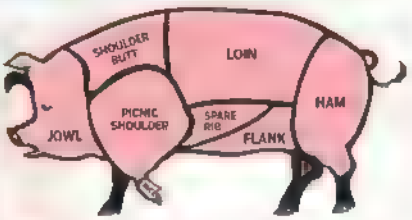
I have made these using various flavor combinations: red velvet with cream cheese, white chocolate, German chocolate, and chocolate-peanut butter. They are always a huge hit, and they make portion control for kids easy. —CARDSLINGASBABY

we've got the chops

Nothing wrong with a plain chop, but that gets boring fast. What's your dream preparation—spice-rubbed? Paired with fruit? Stuffed with gooey cheese? At least one of **these five chops will be right up your alley,** but we've got a hunch you're going to want to try them all once you take a look.

FOOD STYLING BY PAUL GRIMES; PROP STYLING BY STEPHANIE HANES; ILLUSTRATION ON SHUTTERSTOCK

PHOTOS BY SHERI GIBLIN



WHAT CUT IS WHAT

Not all pork chops are created equal, so, depending on what you're making, you may want to select one cut over another. Here are the major players:

Most pork chops come from the pig's loin, which is not the area around the pelvis but the meat that runs along the back, from front shoulder to hind leg. Starting from the shoulder are **blade chops**, which contain the most marbled fat (i.e., loads of deep flavor) and connective tissue of any chop, which means they need marinades and/or longer cooking to get them nice and tender. A quick sear and then a gentle simmer in a sauce or broth would do the trick nicely.

Next come the three types of chops found in the "center cut" of the loin: **Rib chops**, from around the ribs, are considered the juiciest. Next to these are **T-bone chops**, with their iconic T-shaped bone on one side, and then **Porterhouse chops**, which contain a bit of the extremely tender meat from the tenderloin. All three of these chops are ideal for quick cooking methods—grilling, broiling, or sautéing.

Finally, **sirloin chops** come from the area around the lower hips. Cut thinly enough, sirloin chops won't need any tenderizing, but thick cuts might benefit from a marinade or a low-and-slow simmer.

All of the above are on the bone. But you might also see **top loin chops**, sometimes called **center cut chops**, which are boneless, and can come from anywhere within the center cut of the loin. **Butterfly chops** are thick chops that have been butterflied—sliced horizontally almost all the way, and opened like a book. —LESLEYPORCELLI

SUBMITTED BY moonshine7015
PREP 25 min
COOK 45 min
READY IN 1 hr 10 min
MAKES 4 chops
RATING ★★★★½ 71 reviews

GOUDA- AND SPINACH-STUFFED PORK CHOPS

armagazine.com/gouda_spinach_stuffed_chops

"This turned out absolutely delicious! It's become a much-requested dinner and is fairly easy to make."
—MOONSHINE7015

- Cooking spray
- 4 (6-ounce) thick-cut pork chops *[From our kitchen: While the recipe doesn't specify boneless or bone-in, thick boneless chops work best here. Ours were 1½ inches thick and weighed 7 to 8 ounces each.]*
- ½ pound fresh spinach, washed and torn into bite-size pieces *[From our kitchen: 5 ounces is plenty for stuffing the chops.]*
- 8 slices smoked Gouda cheese
- 1 cup panko crumbs or bread crumbs
- 3 tablespoons horseradish mustard
- Creole seasoning to taste

Preheat the oven to 400°F. Coat a 9x13-inch baking dish with cooking spray. *[From our kitchen: The chops will get even browner and crispier if baked on a rimmed baking sheet instead of in a baking dish. The sides on a dish cause the chops to steam a little rather than bake.]*

Lay each chop flat on a cutting board, and with a sharp knife held parallel to the board, cut a pocket in the chop, leaving three sides intact. Stuff each chop with spinach, then with cheese.

Put panko crumbs in a shallow dish. Coat each chop with a thin layer of horseradish mustard, then roll in crumbs. Arrange chops in prepared baking dish. Sprinkle with Creole seasoning to taste. *[From our kitchen: To make the chops nice and crispy, after sprinkling them with Creole seasoning, lightly spray the tops with cooking spray.]*

Bake for 45 minutes, or until brown and crispy. *[From our kitchen: Our chops were cooked through after only 30 minutes.]*

PER 1-CHOP SERVING 452 CAL; 25.5g FAT (12.8g SAT); 38.8g PRO; 23.8g CARB; 2.1g FIBER; 858mg SODIUM; 119mg CHOL

If you want to make these for a dinner party, stuff the chops and put them on the prepared baking sheet, then refrigerate until you're ready to cook. Cooking time may be a little longer if coming straight out of the fridge. Also, resist the temptation to use another kind of cheese—although it's not as melty as some others, smoked Gouda adds lots of flavor here. Look for it in the deli section of your supermarket.

SAID

Made as directed, and it was easy, pretty, and good. The horseradish mustard doesn't lend much flavor (I should have realized from the small amount called for) so I would mix some with the spinach before stuffing or serve some on the side next time, because that was part of what drew me to this recipe. —LINDA29

Lots of work, but worth it. I used a packaged oven pork coating mix instead of the bread crumbs. —CROPLKM

Just a note to a couple of the posts: If you add mushrooms, especially fresh, they will make the chops watery. And the best horseradish mustard we've tried is Wild Willy's :). Just a suggestion!
—MOONSHINE7015

This is a solid recipe. Next time I will try this with seasoned-crumb stuffing mix for the coating. Also, I used wooden toothpicks to keep the opening of the chops together while they cooked. I used 1¼-inch pork loin chops and the cooking time was right for me. —BIBI

This came out great! My chops were thin, so I pounded them out a bit and folded them over the stuffing. I also squirted a dollop of horseradish mustard onto each chop's top in the baking dish, spread it with a brush, and pressed the bread crumbs onto the tops only. The chops were too difficult to handle once they were stuffed. —KINZER18

Did it with chicken. Pounded out chicken, topped with horseradish sauce, cheese, and spinach, then rolled it up. Dipped in whisked egg and panko crumbs. Baked at 400°F for 20-ish minutes. Yummy! I did what others suggested and got cheese from the deli: two slices for 91 cents.
—BRITTANY5869

GRILLED ASIAN GINGER PORK CHOPS

armagazine.com/asian-ginger-chops

"Asian ingredients give these grilled chops lots of unique flavor. They can also be put in the oven and broiled." —LAKMINI EBBINGHAUS

- **1 orange**
- **2 tablespoons soy sauce**
- **2 tablespoons minced fresh ginger**
- **1 teaspoon minced garlic**
- **1 teaspoon garlic chili paste** *[From our kitchen: Garlic chili paste can be found in the Asian or gourmet section of most supermarkets. Once opened, store in the fridge, where it will keep for several months.]*
- **½ teaspoon salt**
- **6 pork loin chops, ½ inch thick** *[From our kitchen: While the recipe doesn't specify, we used bone-in chops, 8 ounces each. The bone helps keep the chop moist, so bone-in chops cook nicely in a grill pan or on an outdoor grill.]*

1. Remove 1 tablespoon finely grated zest from the orange, then squeeze ½ cup juice in a shallow container; mix orange juice, orange zest, soy sauce, ginger, garlic, chili paste, and salt. Add pork chops, then turn to coat evenly. Chill, covered, turning the chops in the marinade occasionally, for at least 2 hours or overnight. *[From our kitchen: The longer you marinate them, the more flavorful they'll be. When you remove the chops from the marinade, rub off most of the garlic and ginger or it will burn on the grill.]*
2. Preheat grill for medium to medium-high heat, and lightly oil grate.
3. Grill pork chops for 5 to 6 minutes per side or to desired doneness. *[From our kitchen: Our chops only took 4 minutes per side to cook through. Even if you cook your pork to 145°F, the meat may still be slightly pink—and that's OK! Don't panic and overcook them, or they'll dry out.]*

PER 1-CHOP SERVING 136 CAL; 3.4g FAT (1.2g SAT); 21.4g PRO; 4g CARB; 0.3g FIBER; 548mg SODIUM; 61mg CHOL

Marinate these chops before you leave for work in the morning, and they'll be ready to cook when you get home. The marinade would work equally well on chicken or a firm-fleshed fish like swordfish, salmon, or tuna.

SUBMITTED BY Lakmini Ebbinghaus
PREP 15 min
COOK 8 min
READY IN 2 hr 25 min
MAKES 6 chops
RATING ★ ★ ★ ★
45 reviews

SAID

I thought this was delish. I added some honey for glazing and extra garlic. The chops tasted great and I usually find them pretty boring. —MONICAL22

I actually did this as a roast in the slow cooker. Fantastic! —MRSMARY1

Being vegan, it's difficult for me to personally rate meat recipes. I rely totally on my family. They enjoyed it. I think next time I would marinate overnight, not the 2 hours I had time for on this occasion. The marinade was great for my tofu! —ALLY T

My picky teenage son rated these as "the best pork chops ever" and begged me to make more soon. I did not have chili paste, so I used a little chili powder instead. It worked! —KLBK

This simply rocks! I have made it three times now and it's the best version of ginger pork chops I have had. I will say that I don't think 2 hours of marinade time is enough for good flavor. I would recommend 6 hours or more. —PARKUNCLE

This was my first time cooking pork chops and it was just delicious! Everyone in my house loved it and it was really easy! I plan on using this recipe for those extremly busy days when I don't want to cook. The ginger and chili paste were great additions! —DTRAN

SUBMITTED BY
Virginia C
PREP 10 min
COOK 20 min
READY IN 30 min
MAKES 4 chops
RATING
★ ★ ★ ★ ½
187 reviews

This recipe comes together very quickly, making it perfect for weeknights. The sauce would be great with chicken thighs, too.

SPICY PEACH-GLAZED PORK CHOPS

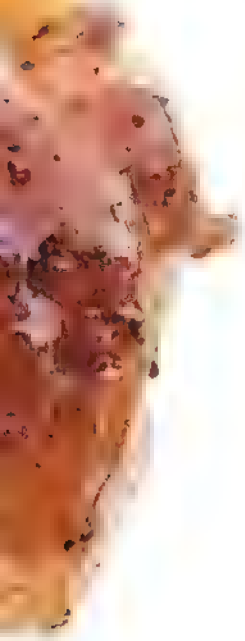
allrecipes.com/peach-glazed-chops

"Sweet and spicy boneless pork chops made with a special sauce that includes peach preserves and white wine. Serve with sweet potato latkes." —VIRGINIA C.

- 1 cup peach preserves
- 1½ tablespoons Worcestershire sauce
- ½ teaspoon chili paste
- 4 boneless pork chops *[From our kitchen: Our chops were 1¼ inches thick and 6 to 7 ounces each.]*
- 1 teaspoon ground ginger
- 1 pinch ground cinnamon
- Salt and black pepper to taste
- 2 tablespoons vegetable oil
- ½ cup white wine *[From our kitchen: You could substitute ½ cup water and 4 teaspoons vinegar—any kind—for the wine.]*

1. In a small bowl, mix peach preserves, Worcestershire sauce, and chili paste. Rinse pork chops, and pat dry. Sprinkle chops with ginger and cinnamon, and season with salt and pepper.
2. Heat oil in a large pan over medium-high heat. Sear chops for about 2 minutes on each side to get them brown (chops will finish cooking in the sauce). Remove from the pan and set aside. Pour out and discard any remaining oil from pan.
3. Pour white wine into pan, and stir to scrape up brown bits from the bottom of the pan. Stir in the peach preserves mixture. Return the chops to the pan, turning to coat with the sauce. Reduce heat to medium-low, and cook chops for about 8 minutes on each side, or until done. *[From our kitchen: Once you've stirred in the peach preserves mixture, bring it to a boil over high heat before returning the chops to the pan. Reduce the heat to medium-low and simmer chops, turning over once, until cooked through, about 5 minutes per side.]*
4. Transfer chops to a serving platter, then bring the sauce to a boil over high heat. Cook until slightly thickened and reduced to 1¼ cups, about 3 minutes. Pour sauce over the chops and serve.

PER 1-CHOP SERVING 404 CAL; 11.5g FAT (2.7g SAT); 13.2g PRO; 58.2g CARB; 0.2g FIBER; 91mg SODIUM; 36mg CHOL



Awesome! I've made this three times now, twice for chops and once for chicken breasts. I had to lie to my dad beforehand because he HATES ginger, but he took one bite and made a "this is delicious" face. Just thinking about this recipe makes me want to rethink dinner tonight. Mmmm.
—SHANGRILJCK

What's Heritage Pork?

You may have come across "heritage" pork at a farmers market or on a restaurant menu. What is it, and why is it more expensive than regular pork?

Commercial pigs are bred mostly for leanness and quick growth, and get a standard diet. Heritage pigs—sometimes sold under their breed name, such as Berkshire, Tamworth, or Hampshire—exist much the way they did 100 years ago, living mostly outdoors (they're hardy enough to withstand harsh weather) and foraging for much of their food. Their varied diet—mushrooms, acorns, grass, bugs, and whatever else they find—is why the meat is said to have more nuanced character. Butchers, chefs, and makers of fine bacon and charcuterie prize the meat for its superior marbling and deep...um, porky flavor.

But how do you know if you're eating the real deal? There's no way to know for sure—it comes down to trust (in the farmer and/or in the restaurant) and to taste.
—LESLEYPORCELLI

SAID

I followed the recipe to the T except for the chili paste, which I, of course, couldn't find. All I did was use about ½ tablespoon of ketchup, some chili powder, paprika, and a bunch of cayenne pepper. It was great! —HEIDI

Good recipe, but halved the oil. This makes plenty of sauce for four chops. I used preserves with some chunks in it; turned out nice. —KRISTAL R.

Used bone-in chops, will try boneless next time. Sauce was great—I thickened with cornstarch dissolved in apple juice after removing the chops. —THEWIGGINS

Great flavor! I used fresh peaches with a little sugar. I also added a finely chopped hot pepper for extra kick and a little freshly grated ginger and garlic to the sauce. Wonderful! —KARENPEARL

Excellent flavor—it tastes like it took a lot more time than it did. Since it's so easy to make, it's perfect for the daily rotation—especially when not in the mood for a lot of prep or time is short. —HULK

My husband could not stop raving about this recipe. I used chili garlic paste from the Chinese food aisle of my grocery store. The boneless pork chops were from Costco so they were VERY thick. I had to cook them 10+ minutes per side to ensure they were cooked properly. This dish reminded us of a sweet and spicy Thai entrée. —KOALAGIRL

SLOW-COOKER PORK CACCIATORE

armagazine.com/pork-cacciatore

"A wonderful Italian neighbor showed me how to make this recipe after I commented on how good it made the neighborhood smell when she had her windows open when she made it." —SNEAKYTEAKY

- 2 tablespoons olive oil
- 4 (1- to 1½-inch-thick) boneless pork chops (about 1½ pounds total)
- 1 onion, halved lengthwise and thinly sliced crosswise
- 1 (8-ounce) package fresh mushrooms, sliced
- 1 green bell pepper, seeded and sliced into strips
- 1 (28-ounce) jar pasta sauce
- 1 (28-ounce) can diced tomatoes, drained
- ½ cup dry white wine
- 2 large cloves garlic, minced
- 1 teaspoon Italian seasoning
- ½ teaspoon dried basil
- 4 slices mozzarella cheese

*[**From our kitchen:** Like other reviewers, we felt that 8 cups of sauce was a lot for four chops unless you're serving them over pasta. For a thicker sauce, use half the amount of diced tomatoes (one 15-ounce can) and pasta sauce (one 15-ounce jar), and leave everything else the same to concentrate the flavors.]*

1. In a large skillet, heat 1 tablespoon oil over medium-high heat. Brown chops, turning once, 2 minutes per side, then transfer to a slow cooker. *[**From our kitchen:** You'll need a 6- to 8-quart slow cooker for this recipe, otherwise it'll be too full.]*
2. In same skillet, reduce heat to medium, add remaining tablespoon oil and cook onion, stirring occasionally, until browned, about 7 minutes. Add mushrooms and bell pepper and cook, stirring occasionally, until vegetables are soft, about 7 minutes. Mix in pasta sauce, diced tomatoes, white wine, garlic, Italian seasoning, and basil. Pour over pork chops in slow cooker. *[**From our kitchen:** Unless you have a 14-inch skillet, once you've cooked the onion, mushrooms, and bell pepper, there's no room to add the rest of the ingredients. We suggest pouring the cooked vegetables into the slow cooker, then dumping in the tomatoes, garlic, and herbs right behind them. Tuck the pork chops into the mixture.]*
3. Cook on LOW for 8 hours or HIGH for 4 hours.
4. To serve, top each chop with a slice of cheese and cover with sauce.

PER 1-CHOP SERVING 614 CAL; 31g FAT (10.1g SAT); 34.5g PRO; 41.8g CARB; 8.4g FIBER; 1,485mg SODIUM; 82mg CHOL

Blipp it, see it, make it! (Blippar details on page 5.) Or go to armagazine.com/pork-cacciatore-video

SUBMITTED BY Sneakyteaky
PREP 10 min
COOK 7 hr 30 min
READY IN 7 hr 40 min
MAKES 4 chops (8 cups sauce)
RATING ★★★★½ 127 reviews

SAID

I used three smoked pork chops, 1 cup of sauce and a 15-ounce can of diced tomatoes with chiles. It was served over rice and we loved it. Will make it again. —LARAY67

This recipe makes a great meat sauce for pasta. I followed it pretty closely, making only a few minor changes. I omitted the olive oil, because it isn't necessary in the slow cooker. I also used six cloves of garlic. I used about seven chopped vine tomatoes instead of the canned tomatoes so it wasn't so watery. As for the pork, make sure you use a fatty cut; otherwise it will be dry. I also just threw the pork in the slow cooker raw. —ROXANNEBELLE

I really enjoyed this. As others have noted, this does make a TON of sauce. I used five pork chops and served this over spaghetti, and I still have sauce left over. Maybe I can freeze this? In any event, this was an easy, tasty dish. —ERZ2002

I had planned on making this in the slow cooker, but forgot to put it all together in the morning, so did it on the stove. I browned the garlic and onions in olive oil, added the pork chops and the rest of the ingredients, and let it sit on the stove for about half an hour. I served with some noodles with extra virgin olive oil drizzled on top. My three kids raved. —LAFEOLAMOM

CORIANDER- AND CUMIN-RUBBED PORK CHOPS

allrecipes.com/coriander-cumin-chops

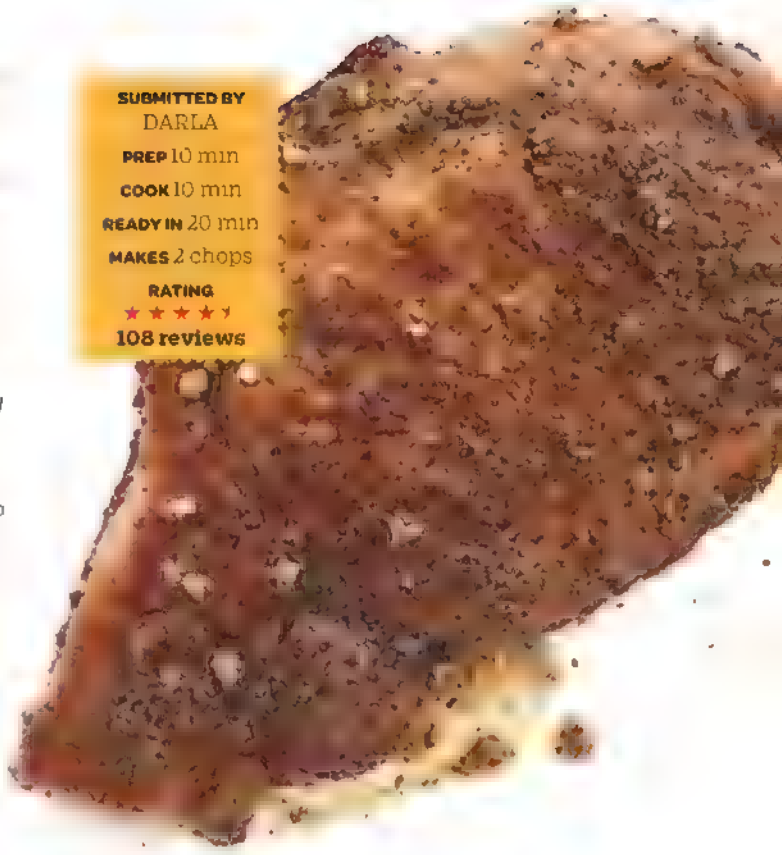
"Chops rubbed with a simple but flavorful spice-and-garlic mixture. For an even more potent result, toast and grind the spices yourself." —DARLA

- ½ **teaspoon salt** *[From our kitchen: Several reviewers found this on the salty side, so start with ¼ teaspoon, then add to taste.]*
- 1 **tablespoon ground cumin**
- 1 **tablespoon ground coriander**
- 3 **cloves garlic, minced** *[From our kitchen: We love garlic, but 3 cloves was a bit overpowering in this dish; you might want to try 2 cloves instead.]*
- 2 **tablespoons olive oil**
- 2 **boneless pork loin chops** *[From our kitchen: Our chops were 1-inch thick and 6 ounces each.]*
- **Black pepper to taste**

1. Mix together salt, cumin, coriander, garlic, and 1 tablespoon olive oil to form a paste. *[From our kitchen: The easiest way to make a paste is to mince the garlic, then sprinkle it with the salt and let it sit a minute. Then, using the flat side of a knife, mash the garlic until it becomes a paste.]* Season the pork chops with pepper, and rub with the paste.
2. Heat remaining tablespoon oil in a skillet over medium heat, and cook chops about 5 minutes on each side, to an internal temperature of 145°F. *[From our kitchen: Our chops took only 3 to 4 minutes per side, but cooking time will vary depending on the size and thickness of your chops. Turn the chops once or twice to keep the paste from burning; if it does start to burn, reduce heat to medium-low.]*

PER 1-CHOP SERVING 278 CAL; 22g FAT (4.5g SAT); 15.5g PRO; 4.8g CARB; 2.1g FIBER; 615mg SODIUM; 38mg CHOL

SUBMITTED BY DARLA
PREP 10 min
COOK 10 min
READY IN 20 min
MAKES 2 chops
RATING ★★★★½
108 reviews



I can't cook to save my life. I've managed to mess up every recipe that I've ever tried, but this came out SUPERB! Totally easy and totally tasty! I couldn't believe I actually made it. Hubby didn't have to pretend to like it, because he truly did LOVE it! Even my picky 7-year-old son loved it. —FLOWERCHICKEN

SAID

I made this exactly as stated and it came out really good. This is a quick, simple pork rub and it goes really well with basmati rice. One side note: As listed, it's a bit too salty for me, but next time I will reduce the salt to half. A keeper! —CHRISTINE

I used a 3-pound pork roast and rubbed it with these spices. Baked at 350°F for 1 hour and it was absolutely wonderful! Thanks for this simple and delicious recipe. —0101

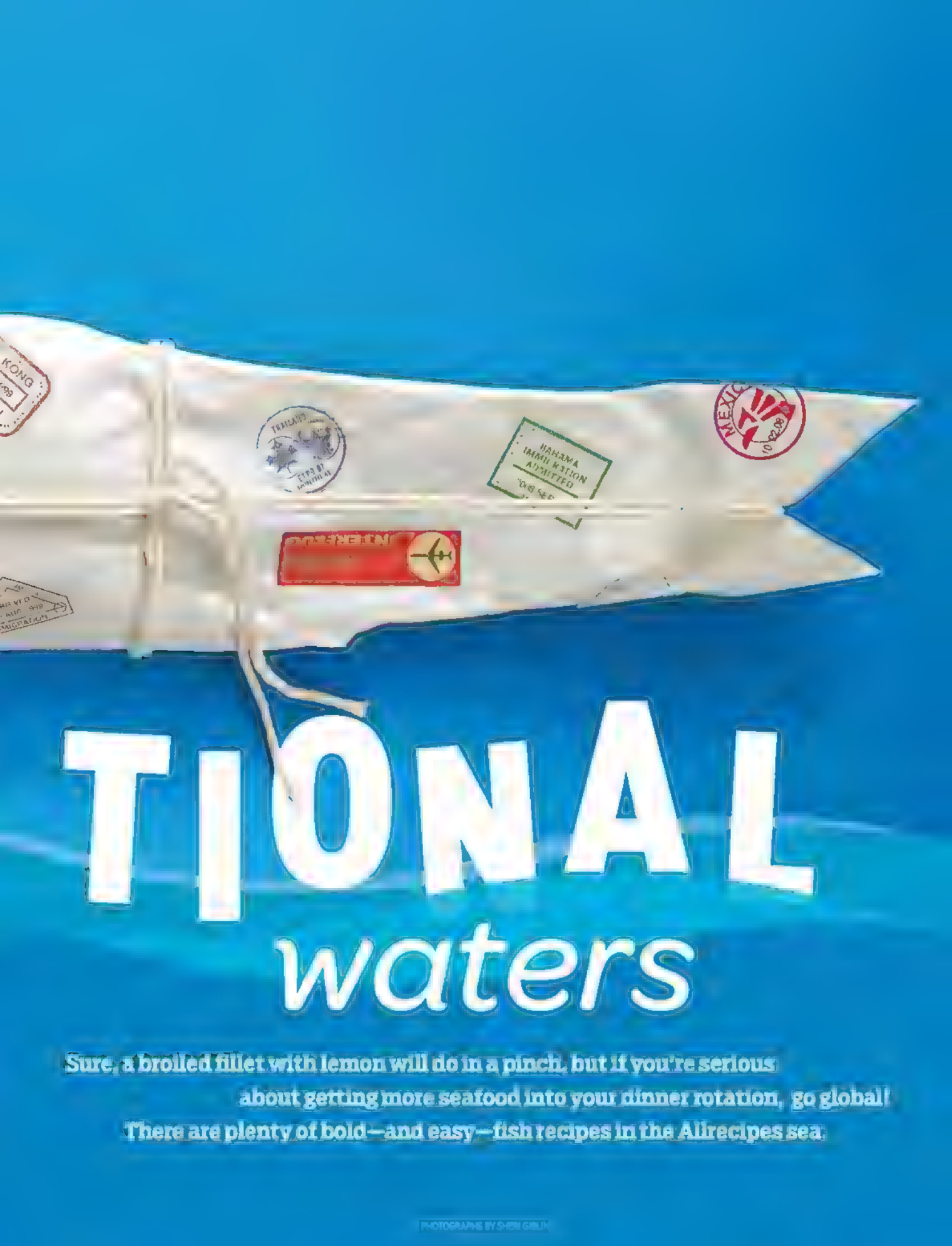
Nice flavor! I actually had these rubbed and sitting in the fridge to cook that night, but we ended up going out to eat. When I cooked them the next day, they were awesome. The flavor soaked all through the chops. —KSWINK101

Never posted anything about a recipe before, but these were so good I had to. Very simple to make and even my 4-year-old gobbled them up. I thought he wouldn't like the flavor. I didn't change anything. I served it with roasted cauliflower and it went perfectly. —KIERBEAR

Big hit. Our pork chops were too thick and after cooking in the skillet, we transferred the chops to the oven and baked them for a while. Followed other reviewer and made with Aloo Phujia from the site—perfect! —LAUNDRYDAL

Great payoff for so little effort. Didn't bother making a paste, using the spices as a dry rub instead on bone-in chops that I had patted dry. —DELOGENIC

INTERNA



Sure, a broiled fillet with lemon will do in a pinch, but if you're serious about getting more seafood into your dinner rotation, go global! There are plenty of bold—and easy—fish recipes in the Allrecipes sea.

PHOTOGRAPHS BY SHERI GIBLIN

Asian Salmon

armagazine.com/asian-salmon

- **2 pounds salmon fillets, with skin**
- **2 tablespoons olive oil**
- **2 tablespoons rice vinegar**
- **2 tablespoons soy sauce**
- **1 tablespoon packed brown sugar**
- **2 cloves garlic, minced**
- **1 pinch black pepper**
- **2 tablespoons minced onion**
- **1 tablespoon sesame oil**

1 Make several shallow slashes in the skinless side of the salmon fillets. Place fillets skin-side down in a glass baking dish. In a bowl, whisk together olive oil, rice vinegar, soy sauce, brown sugar, garlic, pepper, onion, and sesame oil. Pour marinade over salmon, cover with foil and refrigerate for 1 to 2 hours.

2 Preheat oven to 350°F. Remove foil from salmon, and bake in marinating dish for about 30 minutes, or until fish can be flaked with a fork. Pour any extra marinade over fish before serving.

[From our kitchen: Our fish needed 35 minutes to get to that flaky stage. Despite the fact that soy sauce is pretty salty, we thought our salmon needed a smidge more salt or soy sauce at the end.]

PER 4-OUNCE SERVING 218 CAL, 12g FAT (1.8g SAT); 22.8g PRO; 2.7g CARB; 0g FIBER 308mg SODIUM; 62mg CHOL

Not sure your salmon's fresh? Not sure if it's cooked enough? Blipp for what to look for (see page 5 for blipp details), or go to **armagazine.com/salmon-tips-video**

Finally a salmon recipe I like! —COOKING CHEMIST

SAID

This is our family's favorite way to have salmon. It's so good. We do increase the soy sauce a bit (by a tablespoon) for our personal taste, but it is just as good exactly by the recipe. —MICH

I am now CONVERTED! I hate salmon—it's almost always dry and incredibly fishy—but for its health benefits I'm trying to start eating it at least once a month. After a long recipe search and much deliberation, I made this recipe last night. WOW, WOW, WOW. It is finger-licking good. The sauce was amazing—so smooth and silky, gentle, and flavorful. I doubled the sauce as many have suggested, and I wish I'd tripled it. —BOGINIA2

With three young children, I am always leery of something with too strong of an ethnic flavor, but they all LOVED this one. My husband and I loved it, too. We will definitely be making this again. —MCNERK

The aroma in my house alone was enough to have me sold on this recipe. The taste was fantastic! We eat salmon at least once a week here, and I'm always looking for ways to keep it interesting. This recipe will now be in the rotation! Thank you. —MURPHELMAN

I always make salmon the same way, so when I was looking for an Asian-flavored salmon recipe, I tried this one, and it's amazing! Hubby and both kids like it, too! —CC

FROM YOUR FRIENDS

Lucky seafood lovers who live near the coasts often can simply wander down to their local fish market to snag something fresh. The rest of us rely on labels at the store to help us decide what's the best catch.

"Fresh" is probably the label with the most appeal, but as with many seafood marketing terms, there's no legal definition when it's applied to fish. If you live far from the sea (and even if you don't), chances are your seafood will have been **"previously frozen,"** although whether it is labeled that way is largely up to the seller. Don't let that discourage you: Often, fresh-caught fish is immediately frozen (sometimes right on the ship!) to extreme subzero temperatures (the method is called **"flash freezing"**). When flash-frozen fish is sold soon after thawing, it can be just as tasty as fresh. As an added bonus, the radical deep freeze kills harmful bacteria, one reason much of the seafood used raw in sushi is actually previously frozen.

"Farmed" fish—such as Atlantic salmon, tilapia, and swai (Asian river catfish)—have become wildly popular in recent years. As the label implies, these fish aren't hauled from open waters (that's **"wild-caught"**) but raised in a confined environment, either in a closed system of tanks or in net-ringed pens in the ocean. On the one hand, choosing farmed fish like tilapia can reduce market pressure on wild species that have been overfished, such as cod. But on the other hand, fish farming can cause significant pollution and other environmental damage, especially in countries where it is poorly regulated. Federal law now requires seafood to carry its country of origin on the label; fish farmed in the U.S. is generally a better bet, experts say, because of better industry oversight. —JOBINSTL

For added Asian oomph, add a little freshly grated gingerroot and use green onion for the minced onion. To make it a complete meal, serve with steamed rice and sautéed bok choy.

SUBMITTED BY
Lynseey

PREP 15 min

COOK 30 min

READY IN
1 hr 45 min

SERVES 8

RATING
★ ★ ★ ★ ½
484 reviews

SUBMITTED BY SYRAH4689
PREP 15 min
COOK 15 min
READY IN 1 hr 30 min
SERVES 4
RATING ★★★★½
54 reviews

Marinating is a good technique for firm-fleshed fish like Hawaiian mahi mahi. Try serving it with steamed rice and lemon or, for a tropical take on tacos, wrap it in warm tortillas.

SAID

I made one batch with fish for the grownups and a second batch with chicken cutlets for the kids. It went over great! The only change I made is that I added some diced red peppers to the mango salsa to give it some color. It's a keeper! —KIKI0709

My 9-year-old asked me why I didn't buy more mahi mahi! It was a very welcome change to our regular routine and didn't take too much extra shopping time or prep time. This is a great one to mix things up or impress the in-laws! —TALEULLAJANE

If I could give this recipe 10 stars I would. This is the best recipe I have found on this site. I did not change a thing. I just cut everything in half because I only made this recipe for two not four. I see some people have been cutting back on the red pepper, but I wouldn't and didn't. —ARIZONA GIRL

Unbelievably good! Only thing I changed was I added more fresh garlic to the marinade. I couldn't find a ripe fresh mango so I had to use Dole's jarred mango and it was wonderful. Would recommend fresh if you can get it though. Yummy! Thank you! —NICOLE COLE

Mahi Mahi with Mango Salsa

armagaz.ne.com/mah..mah.

"A Caribbean-inspired dish with dimensions of sweetness, spice, and tanginess. Delicious!" —SYRAH4689

- **2 tablespoons olive oil**
- **1½ teaspoons soy sauce**
- **2 teaspoons lemon juice**
- **1 clove garlic, crushed**
- **2 teaspoons red pepper flakes**
- **1 teaspoon black pepper**
- **½ teaspoon minced fresh gingerroot**
- **2 tablespoons chopped green onion (optional)**
- **Salt to taste**
- **4 (4-ounce) mahi mahi fillets** *[From our kitchen: You can use frozen mahi mahi if you can't find fresh; just thaw it according to package directions.]*
- **1½ teaspoons butter**
- **1½ tablespoons sugar**
- **1½ cups cubed fresh mango**

1. Whisk together olive oil, soy sauce, lemon juice, garlic, red pepper flakes, black pepper, ginger, green onion (if using) and salt to taste in a bowl. Add mahi mahi and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 1 hour.
2. Preheat broiler with rack in center of oven. Remove mahi mahi from marinade and shake off excess. Discard remaining marinade. Put fish in a large baking pan in a single layer. Broil until the fish flakes easily with a fork, 10 to 15 minutes. If fish browns too quickly, cover baking dish with aluminum foil. *[From our kitchen: We broiled our fish about 5 inches from the heat source, and our fish was ready in 8 to 10 minutes.]*
3. Melt butter and sugar in a skillet over medium-high heat. When the mixture begins to bubble, stir in mango cubes. Cook and stir until mango is tender, about 5 minutes. Top fillets with mango salsa, and serve.

PER (4 OUNCES FISH AND GENEROUS ½ CUP SALSA) SERVING 228 CAL; 9.2g FAT (2g SAT); 21.7g PRO; 14.8g CARB; 1.2g FIBER; 388mg SODIUM; 87mg CHOL

That was the best mahi mahi we have ever had! My husband liked it so much he was finding reasons to take the fish off our girls' plates: "Hey, what is that?" "No, Dad. I'm not falling for that one." —MOMMYSMITH

Hungry for more world fare? You're in luck! Allrecipes has websites around the globe. Just scroll to the bottom of the Allrecipes.com homepage, and you'll find links to 18 international Allrecipes sites.

Spanish Moroccan Fish

armagazine.com/spanish-moroccan-fish

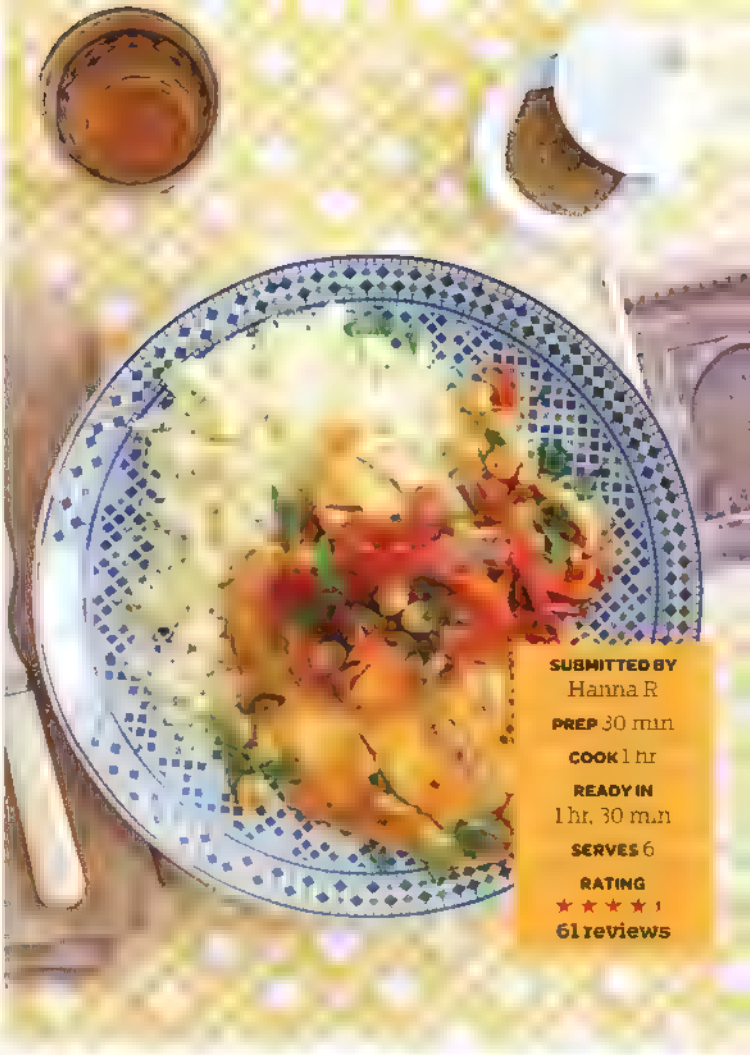
"This Moroccan recipe was passed down for generations in my family. We usually serve it on the Sabbath night and holidays. It is a favorite! This dish may be served hot or cold according to taste." —HANNA R

- **1 tablespoon vegetable oil**
- **1 medium onion, chopped**
- **1 clove garlic, finely chopped**
- **2 red bell peppers, seeded and sliced into strips**
- **1 large carrot, thinly sliced**
- **3 tomatoes, chopped**
- **4 olives, chopped**
- **1 (15-ounce) can garbanzo beans, drained and rinsed**
- **¼ cup fresh parsley, chopped**
- **3 tablespoons paprika**
- **4 tablespoons ground cumin**
- **1 teaspoon cayenne pepper**
- **2 tablespoons chicken bouillon granules**
- **Salt to taste**
- **6 (6-ounce) tilapia fillets**

1 Heat the vegetable oil in a skillet over medium heat. Stir in onion and garlic; cook and stir until onion has softened and turned translucent, about 5 minutes. Add bell peppers, carrot, tomatoes, olives, and garbanzo beans and continue to cook until peppers are slightly tender, about 5 minutes more.

2 Sprinkle parsley, paprika, cumin, cayenne, and chicken bouillon over vegetables. Season with salt to taste. Stir to incorporate. Put fish on top of vegetables and add enough water to cover the vegetables. Reduce heat to low, cover, and cook until fish flakes easily with a fork, about 40 minutes. *[From our kitchen: We used 1½ cups water, which didn't quite cover the vegetables. We cooked the fish just 22 minutes, then set the fillets aside (keeping them warm) while letting the vegetable mixture cook uncovered another 7 minutes. This helped thicken the sauce and avoid overcooking the fish.]*

PER (6 OUNCES FISH AND ¾ CUP VEGETABLES) SERVING 308 CAL, 8.1g FAT (1.5g SAT); 39.5g PRO; 21.8g CARB; 4.1g FIBER; 1,149mg SODIUM; 85mg CHOL



SUBMITTED BY Hanna R
PREP 30 min
COOK 1 hr
READY IN 1 hr, 30 min
SERVES 6
RATING ★★★★½
61 reviews

Keep the Moroccan theme going by serving this spicy and flavorful dish with couscous and a salad of sliced oranges and romaine sprinkled lightly with cinnamon.

SAID

Very tasty and filling! Not hard to make. I served this with the Moroccan Couscous [armagazine.com/moroccan-couscous]. It was excellent together! —EYELEAN

Fantabulous. I used Spanish olive oil for sautéing the aromatics and smoked paprika instead of regular. —SACKET

Made this dish last night EXACTLY as written except I used haddock I had on hand instead of tilapia. I think this would be good with most mild white fish. It's a wonderful dish! My husband said I MUST keep this recipe. The mix of spices creates an amazing taste. —EVIE

I have made this dish many times, and it always comes out delicious. I make it using 2 pounds of tilapia and switch the serving size to four for the veg and spices. I serve it with pita bread so it can be dipped into the spicy sauce. Thanks for the great recipe.—DINAS

Spectacular recipe! I was looking for something to use with swai [farmed Asian catfish] fillets. These are all my favorite spices and ingredients. I was glad it was not too "bland-ized." The cayenne was not at all timid. —NAN1964

Indian Fish Curry

armagaz.ne.com/indian_fish_curry

"A very spicy dish, this recipe is inspired by a Bengali fish recipe my mother used to make in India." —MANTU

FOR MARINADE

- **2 teaspoons Dijon mustard**
- **1 teaspoon black pepper**
- **½ teaspoon salt**
- **2 tablespoons canola oil**
- **4 white fish fillets** *[From our kitchen: We used 1-inch-thick 6-ounce portions of halibut. If using a very flat fish, like flounder or sole, you'll want to roll or fold it to be 1 inch thick before baking to avoid overcooking.]*

FOR CURRY

- **1 onion, coarsely chopped**
- **4 cloves garlic, roughly chopped**
- **1 (1-inch) piece fresh gingerroot, peeled and chopped**
- **5 cashew halves (optional)**
- **1 tablespoon canola oil**
- **2 teaspoons cayenne pepper, or to taste**
- **1 teaspoon ground cumin**
- **1 teaspoon ground coriander**
- **1 teaspoon salt**
- **1 teaspoon white sugar**
- **½ teaspoon ground turmeric**
- **½ cup chopped tomato**
- **¼ cup vegetable broth** *[From our kitchen: Unless you just happen to have a teeny tiny amount of veggie broth to use up, you can substitute water here.]*
- **¼ cup chopped fresh cilantro**

[From our kitchen: This dish is pretty spicy. If you prefer a lower level of spiciness, reduce the black pepper in the marinade to ½ teaspoon and the cayenne pepper in the curry to 1 teaspoon.]

To make marinade:

Mix together mustard, pepper, salt, and canola oil in a shallow bowl. Add fish fillets, turning to coat. Marinate fish in the refrigerator for 30 minutes.

To make curry:

Combine onion, garlic, ginger, and cashews (if using) in a blender or food processor and pulse until mixture forms a paste. Preheat oven to 350°F. Heat oil in a skillet over medium-low heat. Stir in the prepared paste. Cook, stirring, for 1 to 2 minutes. Add cayenne pepper, cumin, coriander, salt, sugar, and turmeric. Cook, stirring, 5 minutes more. Stir in tomato and broth.

Arrange fish fillets in a baking dish, discarding any extra marinade. Top fish with sauce, cover baking dish, and bake until the fish flakes easily with a fork, about 30 minutes. Garnish with chopped cilantro.

Note from Mantu: You can use frozen fish fillets for this recipe, thaw them before use. Decrease the amount of cayenne pepper if you prefer a less spicy dish.

PER 6-OUNCE SERVING 287 CAL, 13.3g FAT (1.4g SAT); 32.7g PRO; 7.6g CARB; 1.3g FIBER; 1,103mg SODIUM; 83mg CHOL

Blipp to see this recipe in motion! Or go to armagazine.com/indian-fish-curry-video

We had a friend who was born and raised in India over for dinner, and he said I was spot-on with this, but to him it was fairly mild. For us it was pretty spicy, though. We absolutely LOVED this dish! We served it over brown rice and finished it off completely. I cannot WAIT to make this again! —AUTUMN

We loved this dish! I did cut the cayenne to about 1½ teaspoons, and it was still hot but delicious. I also added about ¾ cup canned diced tomatoes because I did not have fresh. I served this with roasted cauliflower. If you like a very flavorful curry, this is the one for you! —NETKAT

Awesome, even though I overcooked the fish. I always do that :(I used cod and subbed olive and vegetable oils for the canola. I only added about ¼ teaspoon of cayenne. There was no way my son would be able to eat it as listed. I will definitely make this again, with a little more cashews in the paste, and try not to overcook it! —FONDUKES

YUMMY. The Dijon mustard combined with the Indian spices really gave the fish a tangy, complex flavor. This was my first attempt at making Indian food. Thanks for making it so easy. —AMAIZING

*This was just about the most amazing recipe we've tried! Because my hubby is an Indian-food wimp, we used half the cayenne and added ¼ cup coconut milk. We also added ¼ cup cashews total—we love our nuts ;-)—and omitted the salt. MAN, was this good. It was still *plenty* spicy and delish!* —MAMAROBIN24

This was so tasty! I followed the recipe exactly, using cod I bought frozen then thawed out. I used a half teaspoon red pepper, and it was still too spicy for my kids, so I baked some of the marinated fish without the sauce in a foil packet and they liked that. Next time I may cut the red pepper back more so the kids can eat it with the curry sauce, though I would miss the spice! —NANCY1027

This was really, really good! I have used mahi mahi and tilapia, and both work. Usually, I serve it with naan bread, jasmine or basmati rice, and some type of veggie, usually peas. I am so happy with this recipe! —AWESOMECHICK81

Crazy good! We followed the recipe exactly, and it was a perfect heat level for us. Note: We generally order our food at medium spice level at restaurants. —AMY

SUBMITTED BY
Mantu

PREP 20 min

COOK 35 min

READY IN
1 hr, 25 min

RATING
★ ★ ★ ★ ½
53 reviews

Serve this spicy curry with basmati rice, warm naan or toasted pita bread, and plain yogurt to help balance the heat.

SUBMITTED BY
STORMY-SCARLETT
PREP 30 min
COOK 20 min
READY IN 50 min
SERVES 6
RATING
★ ★ ★ ★
35 reviews

Cooking fish in foil packets keeps it moist and lets you use a lot less oil than other cooking methods. It's a riff on the French en papilotte parchment treatment. Sauté polenta cakes and broccoli raab while the fish bakes, and you'll have dinner in under an hour.

Mainely Fish

armagazine.com/mainely-fish

"This is an easy, quick recipe that makes a beautiful presentation." –STORMYSCARLETT

- **6 (3-ounce) haddock fillets** *[From our kitchen: We used 6-ounce fillets for a heartier portion. Lingcod or other sturdy white fish will work fine if you can't find haddock.]*
- **Salt and black pepper to taste**
- **4 Roma (plum) tomatoes, thinly sliced**
- **1 small onion, thinly sliced**
- **1 red bell pepper, thinly sliced**
- **1 yellow bell pepper, thinly sliced**
- **5 tablespoons capers, drained**
- **8 tablespoons chopped fresh parsley**
- **6 tablespoons extra virgin olive oil**
- **6 tablespoons fresh lemon juice**

1. Preheat oven to 400°F
2. Center each piece of fish on a piece of aluminum foil (large enough to enclose the fish when folded) *[From our kitchen: We followed the advice of one wise reviewer here: Lay a small piece of parchment paper between the fish and the foil, so that the acidic elements of the dish don't react with or leach aluminum from the foil.]* Sprinkle fish with salt and pepper. Divide tomatoes, onion, and red and yellow peppers among the six pieces, placing them on top of the fillets. Sprinkle evenly with capers and parsley. Drizzle each fillet with 1 tablespoon olive oil and 1 tablespoon lemon juice.
3. Fold and crimp the foil into a packet and place on a baking sheet. Leave 2 inches between each packet for even cooking. Bake 20 minutes. Let rest 5 minutes, then unwrap. *[From our kitchen: We found that 2 minutes of resting time was plenty.]*

PER 1-PACKET SERVING 226 CAL; 14.4g FAT (2.1g SAT); 17.3g PRO; 7.1g CARB; 1.7g FIBER; 277mg SODIUM; 48mg CHOL

SAID

I have made this several times, and it has been great each time. I do follow the recommendation of another reviewer and place it on a bed of fresh spinach sprinkled with a little salt. I have made it with trout, salmon, and mahi mahi. I have made it with pre-seasoned fish from Costco and left out the olive oil. This recipe is in our regular rotation. —CINDY

This is a family favorite at my house. This is very healthy as well as delicious. I do not want the lemon juice to react with the foil, so I place some parchment paper under the ingredients and then place onto the foil. —MIMISBEST

I put this in individual oval baking dishes and covered them tightly with foil. I used larger pieces of halibut instead of the haddock, and used a combination of red, yellow, orange, and green peppers. I omitted the Romas because I didn't have any. Instead of lemon juice, I used some white wine. And I cut the oil in half. Mine were perfectly cooked in 25 minutes. —BELLEPEPPER

This steams the fish more than anything else, so if this is what you are looking to do, it is a good recipe. —LAUREN L

I am a guy and I like a more manly dish, so I used thick cod filets—about 6 ounces each. Based on some previous experience, I rinsed the capers to make them a bit more mild. I used the suggestion about using a bed of spinach. My wrapped foil packages were very large, and I put them on the grill outside—a guy thing—at medium heat for 30 to 35 minutes: easy assembly, easy cleanup, and no odor in the kitchen. Great taste, too, and the fish was beautifully moist. I will do this again to show off for guests. My girlfriend thinks I'm a genius! —MAC

The Right Fish

In a recent poll, 80% of people who regularly eat seafood said it's important that the fish is sustainably caught. But what does sustainable even mean?

There's no legal definition of **sustainable seafood**. But marine scientists and conservation experts consider a fishery sustainable when the amount of fish harvested doesn't cause the overall population to decline. Fishing practices are typically considered sustainable when they don't kill an unacceptable number of other marine species or result in long-term damage to the ecosystem.

One of the easiest ways to make eco-smart choices when shopping for fish is to look for seafood with the seal of the non-profit **Marine Stewardship Council**, one of the oldest and most widely recognized sustainable seafood certification programs. You can also check the Seafood Watch guide from the **Monterey Bay Aquarium**, which develops its recommendations independent of the fishing industry. Download its handy (and free!) Seafood Watch app to your smartphone, and you won't be casting blindly for eco-friendly options at the fish counter.

–JOE NASTI

This is so easy and good and healthy and low calorie :) I make it a couple times a month.

—MAMMAS

vegan family values

Can you actually raise a child without feeding her meat, fish, eggs, or dairy? One Florida family is happily doing just that. BY JENKINGLINDLEY

THE VITAMIX IS WHIRRING IN Kristen Kelley's kitchen as she whips up a batch of homemade feta cheese. "I'm a total cheese-head. I never met cheese I didn't like," laughs Kristen, a self-employed executive assistant (and Allrecipes Allstar!*) in Royal Palm Beach, Florida, and mother of Leah, 8, and wife to Tim. But the ingredients in *this* cheese never saw the inside of a cow. She's making this concoction by puréeing almonds, water, and lemon juice into a thick—and, yes, cheeselike—paste. The family eats vegan—no meat, fish, eggs, dairy, or other animal products.

It's a big leap for a woman who spent her pregnancy indulging her cravings for milk shakes and cheese fries. "We were really into fried food," recalls Kristen. Then 6 years ago, some "scary" cholesterol numbers for Tim during a routine health check got the family on the path to eating healthier—cutting out fast food and red meat, reducing fat, and tossing flax seeds on cereal and in smoothies. But it was a Netflix night in June 2012 that resulted in their big leap to veganism. They decided to watch the 2011 documentary, *Forks Over Knives*, which makes a powerful case for the health benefits of a plant-based, whole foods diet. The film argues that populations who don't eat meat or dairy have dramatically lower rates of obesity, cancer, and heart disease. "We saw that movie and thought, 'We really need to start making some big changes,'" she says.

How did they explain the family's new diet to a first-grader who enjoys ice cream as much as the next kid? "She's a really intelligent girl and always wants to know the reasons for everything anyway. So we sat down and explained we found out some things that weren't so good about eating meat and drinking milk." Leah did have some worries—she loved scrambled eggs, for instance, and didn't want to give them up. "Now we do scrambled tofu instead," says Leah. But as an animal-lover, Leah instantly got the animal-welfare reasons for going vegan. "I like that I know I am helping animals!" she says.

Indeed, the family's love of animals has been a big part of their motivation. Three rescued shelter dogs are part of the family. Salsa and Harley are miniature pinscher mixes. The newest member is Tyson, a gentle pit bull—"He's the biggest baby!" Kristen says. She cooks the dogs' vegan chow, mainly because she worries about what's in commercial dog food. "I'm crazy I know," she laughs. Early on, Leah went through a phase of trying to recruit her friends to eat vegan too. "She was going around telling them, 'If you love animals you can't eat them,'" recalls Kristen. "I told her, I appreciate your enthusiasm but don't do that—their parents will be the ones to tell their kids what to eat."

While there were some foods that were difficult to part with ("Tim had a hard time with chicken"), a year and a half into their vegan diet they've found many new favorites. They now use soy milk or almond milk on their cereal, and get their protein from whole grains such as quinoa or legumes like beans and lentils. "I make lentil 'meatloaf' and chickpea cutlets," she says. Avocados, baby carrots, and fruit are

*The Allrecipes Allstars are superfans of our site, a select group of our most passionate and actively engaged community members. To learn more, visit allrecipes.com/allstars

Nobody here looks deprived. As the Keller
family has learned, the trick to keeping a vegan
diet from being bland is lots of fresh herbs and
flavorful salsas, sauces, and spreads.

always on hand for snacks. Leah loves the family tradition of "Taco Tuesday," featuring tacos stuffed with beans instead of meat. "I make a nacho 'cheese' sauce out of nutritional yeast that's killer," Kristen says. For Leah's 8th birthday, Kristen cooked her a banana split–ice cream cake featuring Rice Dream and vegan chocolate chips. Kristen shares her experiments and recipes on her blog, wwwtheveganweirdosnextdoor.com. For inspiration, she often turns to other blogs like the Post Punk Kitchen (theppk.com) or her favorite cookbooks, including *Veganomicon: The Ultimate Vegan Cookbook* or *The Joy of Vegan Baking*.

As in any busy household, meals are not always a gourmet production. The family's go-to weeknight dinners include egg-free pasta with a quick vegetable-based sauce. "I was a vegetarian when I was in grade school, and there were maybe four options of food for me. Now that vegetarian and vegan are more mainstream, there are a lot of convenience foods we can grab out of the freezer, like frozen pizza with vegan cheese," she says. And Leah still gets to indulge in junk food occasionally, just like any other kid. "Oreos are vegan!" notes Kristen. As for eating out: "Eating vegan is easy as long as you're willing to ask questions about how something is prepared, and to ask for replacements or to leave things off."

Kristen admits there *was* a learning curve. Take her experience with tofu for instance—a prime source of protein for many vegans. "I had no idea what I was doing. You can't just take tofu from the box and dump it in a bowl. It won't taste like it does at the Chinese restaurant," she says. To get the right texture, Kristen learned to freeze it first, then thaw it, removing the extra water in her trusty tofu press before cooking. "It improves the texture and it sucks up the marinade much better."

Not that the whole experience has been a bowl of organic cherries. "I get questions from *everyone*," she sighs—families, friends, acquaintances. "'How do you get your protein? Doesn't Leah need fat in her diet? Aren't humans supposed to be omnivores?' You would never think what was on your plate would be a matter of so much strife."

At school lunch one day, another child made a hurtful comment about Leah's tacos being "weird," and she came home upset. "My first instinct as a mom was to feel defensive for her, but then I felt bad for those kids who don't have the opportunity to try new foods. I told Leah, 'Next time, you should just ask them if they want to share some and see for themselves that it's not weird.'"

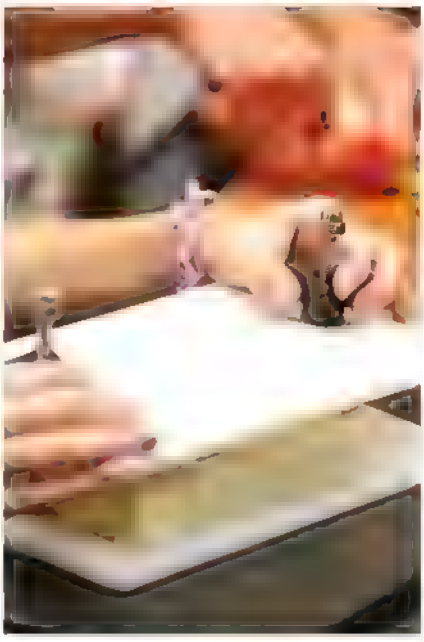
For the most part, however, those around them have been very supportive. At school and friends' houses, Leah knows which foods to pass up and which she can eat. "She's become an expert label reader," says Kristen. If Leah is invited to a birthday party, Kristen might talk to the parents in advance and offer to send vegan cookies to

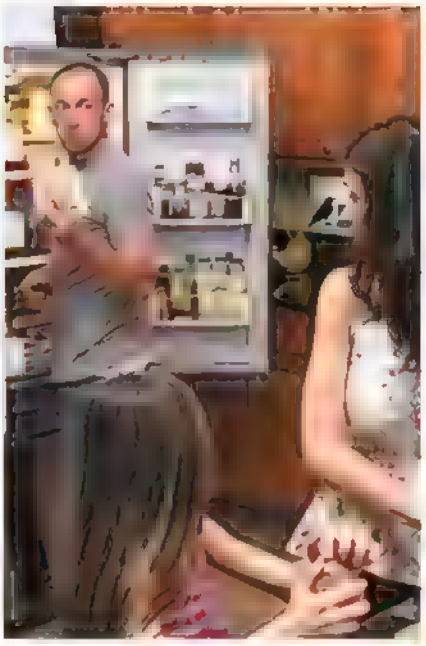
Harley literally jumps at the chance for a homemade vegan dog biscuit; Tyson knows his turn will come.

share, or a vegan cupcake for Leah when birthday cake is served. "Usually the other kids love the stuff I make," she says.

The Kelleys are convinced such small challenges have been well worth it. "None of us has gotten a cold since we starting eating vegan. Leah used to get sick constantly—now her immune system is a powerhouse." Tim, who works out regularly, says, "It's a common misconception that vegans lose muscle tone and aren't fit or strong. That's false. I'm just as strong, if not stronger, than I was before, and my body recovers faster." Their big next step The couple is working on plans to open a vegan grocery store that will include staples as well as specialty products that Kristen now has to buy online, like Tim's favorite "honey" (made from apples) and vegan soy "bacon" bits

"It s been an adventure," concludes Kristen "People think a vegan diet is restrictive, but, in fact, it opens all kinds of doors because you're trying so many new things."





Kristen, Tim, and Leah try to make meals together, as a family, whenever they can—it's part of what keeps them on track with their diet. Leah is a pro with the tofu press, an essential tool in a vegan kitchen, as Kristen learned early on.

raising healthy vegans

EATING VEGAN MAY BE A hea thy option for adults, but is it safe for growing kids?

"A vegan diet can be healthy and nutrit onally adequate for all stages of life, as long as it is wel -balanced and inc udes a variety of foods," says Vandana Sheth, a registered dietitian and spokesperson for the Academy of Nutrit on and Dietet cs (forme y the Amer can Dietetic Association)

The key, Sheth says, is carefu planning so that a l the nutrients your ch d would get from animal products are provided by plant-based alternatives. "You can't just say, 'OK, I'm go ng to take away the meat and dairy.' You need to substitute the dairy with a nondairy beverage such as fort fied soy m lk. You substitute meat with a plant-based protein ike beans or lentils."

Some nutritional pointers if you're thinking about going vegan:

PROTEIN

Though many of us associate protein with meat, Sheth notes we can get plenty of protein from plant sources. "A half cup of beans has the same amount of prote n as an egg."

CALCIUM

Whi e milk is a typical source for omnivores, you can also get calcium through plant-based foods—a fort fied beverage like a mond mi k, calcium-set tofu (tofu made using ca cium sulfate as a coagulant), or leafy greens such as kale bok choy, or broccoli

CALORIES

"Plant foods have a ot of fiber, so ch ldren may fee ful quickly and not get enough calories to grow well," says Sheth. Nuts, peanut butter, avocados, and dried fruit are calorie-rich, kid-friend y options.

B12

Produced by microbes that live n animals' digestive systems, this vitamin is not typica ly found in plant foods. "You need to make sure your vegan child is getting foods fortified with it, such as breakfast cereal," she says. A vegan multivitamin can supply B12, along with Vitamin D and iron, two other nutrients that typically come from dairy and meat

Jack Maypole. MD, a pedia- trician and director of the Comprehensive Care Program at Boston Medical Center, cautions there s no subst tute for getting profess onal advice when planning a vegan d et for ch dren, especia ly during the crucial 0- to 3-year-old window of growth. "They're not just build ng bone, they're building brain," notes Maypo e, h mself a vegetarian. Kids can be notoriously picky eaters, mak ng a varied and we l-balanced diet for vegans extra tricky Consultation with a Registered D et tian who spec alizes in pediatric and vegetarian nutr tion can help you develop a balanced plan (The Academy's website, eatr ght.org, has a searchable ist of dietitians.) Sheth and Maypole agree you should a ert your child's pediatrician that your child is eating vegan, as they may want to monitor growth rate and evels of certain nutrients more carefully

Inspired to try some vegan recipes? Bipp here (detais on page 5), or go to **armagazine .com/vegan-recipes**

CINCO DE MAYO!

Nobody really needs an excuse to drink margaritas and eat enchiladas. But if you did, Cinco de Mayo is it. We've pulled together a colorful collection of recipes that Allrecipes community members love—from homemade guac to churros and everything in between. Go loco and tackle the whole menu, or just pick out a dish or two. It's all delicioso!

PHOTOS BY SHERRY BLUN

SUBMITTED BY
BECCAS911
PREP 10 min
READY IN 10 min
MAKES 4 cups
RATING
★ ★ ★ ★
31 reviews

Hidden Gem

JICAMA APPETIZER

armagazine.com/.../cama-appet zer

"This is a great way to serve jicama to a large group of people." —BECCAS911

- **1 (1-pound) jicama, peeled and cut into bite-size pieces** *[From our kitchen: Try sticks instead. They involve less cutting and are more finger-friendly for a party.]*
- **2 tablespoons fresh lime juice**
- **2 tablespoons chili powder**

Arrange jicama on a p atter. Sprinkle lime juice and chi powder over jicama Serve immediately *[From our kitchen: We recommend a pinch of salt, too, to make the flavors pop.]*

PER 1-CUP SERVING 77 CAL, 0.8g FAT (0.2g SAT); 1.7g PRO; 17.3g CARB; 9.5g F BER; 47mg SOD UM; 0mg CHOL

SAID

I made this for our third annual Strange and Unique Foods Party, and it was well liked as a vegetarian option. Someone told me it kind of tastes like sugar snap peas, and it does. —BREWCREW

Fabuloso! *I used to eat this all the time when I was a student in Mexico.* —LUVZBAKEGIRL

If you have a Mexican section in your supermarket, try to find a seasoning in a shaker bottle called tajín that combines lime, salt, and chiles. It is used for everything here and is what I use to sprinkle on jicama. Love it.
—MEXICOKAREN

Jicama is a crunchy, sweet tuber that looks like a cross between a potato and a turnip, and comes in many sizes. It discolors after peeling, but adding a little lime or lemon juice keeps it white. It's also a great snack if you're watching your calories.

allrecipes 5-STAR RATING

GUACAMOLE

armagazine.com/guacamole

"You can make this avocado salad smooth or chunky, depending on your taste." —BOB CODY

SUBMITTED BY Bob Cody
PREP 20 min
READY IN 20 min
MAKES 4 cups
RATING ★★★★★ 3,147 reviews

- **3 avocados (preferably Hass), pitted, peeled, and chopped**
- **Juice of 1 lime**
- **1 teaspoon salt**
- **½ cup diced onion**
- **3 tablespoons chopped fresh cilantro**
- **2 Roma (plum) tomatoes, diced**
- **1 teaspoon minced garlic** *[From our kitchen: If you're not fond of raw garlic, you can always leave it out.]*
- **1 pinch ground cayenne pepper (optional)**

In a bowl, mash together avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper (if using). Refrigerate covered tightly with plastic wrap, 1 hour for best flavor, or serve immediately.

PER ½-CUP SERVING 131 CAL; 11.1g FAT (1.6g SAT); 1.8g PRO; 9g CARB; 5.7g FIBER; 298mg SODIUM; 0mg CHOL

Blipp to see how easy this is to make! Or go to armagazine.com/guacamole-video

Tip: If the avocados you bought are rock hard, put them in a brown paper bag and leave them on the kitchen counter to ripen for a day or two. When storing guacamole, be sure to place a sheet of plastic wrap directly on the surface to keep it from discoloring.

SAID

This absolutely ROCKS! I have been making various forms of guacamole since I was a youngster in Texas, and I have never found one with so much robust flavor and kick. —ELVIS_PRESLEY_99

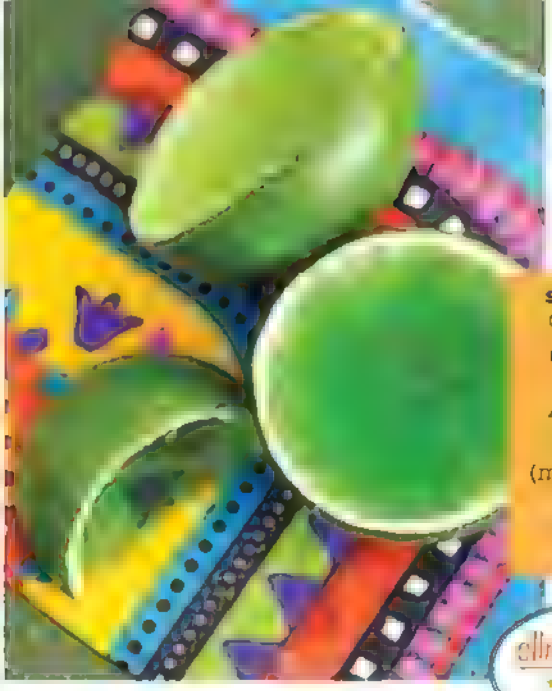
I'm a guac FREAK, and this recipe is the best. I add a pinch of adobo seasoning, and it gives it that extra little flavor boost. —SCARLETT ETIENNE

This guac is the new love of my life! It reminded me of the stellar table-side guacamole featured at the best Mexican restaurants here in NYC. Next time I make it, I will cut the amount of salt in half (at least), but I wouldn't change anything else! This is a 10-star recipe! Muy delicioso. Gracias! :) —EILEEN

MIX & MATCH DECOR=*MUY* MEXICAN

"The more colorful and mixed your plates and linens are, the better!" advises Allrecipes community member Saveur (aka Wendy Skokal), who hosts an outdoor Cinco de Mayo party every year. "I have a pretty extensive collection of Southwestern pottery, kachina dolls, and other souvenirs from trips to Mexico. I use them as table decorations, along with a bouquet of bright, multicolored flowers. I also have a Fiesta ware collection in turquoise, yellow, and purple, so the plates are mixed, and I gather nonmatching colorful cloth napkins. I have strings of chili pepper lights we put up. The last thing to do is pray it doesn't rain—the first week of May in Ohio is always iffy!"

FOOD STYLING: [illegible] PROP STYLING: STEPHANIE HANES PROP STYLING: JULIA MAILE FLOWER ILLUSTRATION: SHUTTERSTOCK



SUBMITTED BY
O o Jarf o O
PREP 15 min
READY IN
4 hr. 30 min
SERVES 24
(makes 8 cups)
RATING
★★★★★
2 reviews

allrecipes
★★★★★
5-STAR RATING

Hidden Gem

TOP-SHELF SPARKLING MARGARITA JELL-O

armagazine.com/margarita-jello

"For grown-ups only. This recipe is my closest attempt at duplicating the awesome flavor of a cold margarita. It's sweet, tart, salty, and packs a punch. You seriously only need one of these." —O_O JARF O_O

- **3 (3-ounce) packages lime-flavored gelatin mix**
- **1 (3-ounce) package lemon-flavored gelatin mix**
- **2½ cups boiling water**
- **1⅔ cups premium tequila**
- **⅔ cup triple sec**
- **⅔ cup orange liqueur (such as Grand Marnier)**
- **½ cup sweetened lime juice (such as Rose's, found in the juice or mixer aisle)**
- **2 cups sparkling water**
- **Zest of 1 lime**
- **Margarita or kosher salt, as needed**

[From our kitchen: For individual shots, you'll also need 24 small disposable cups or, for a more fun look, about 3 dozen limes.]

O Stir lime gelatin, lemon gelatin, and boiling water together in a bowl until fully dissolved. Chill in refrigerator 15 minutes.

O Stir tequila, triple sec, orange liqueur, and sweetened lime juice into gelatin mixture. Gently stir in sparkling water. Ladle mixture into 24 small cups. *[From our kitchen: We used hollowed-out limes instead of cups. Here's how: Halve limes horizontally, then use a sharp paring knife or grapefruit knife to cut around the insides and release most of the flesh from the shell. Use scissors to snip the central membrane at the bottom and remove the flesh in one cone-shaped piece. Put the shells in muffin tins to keep them upright and fill with the mixture, about 2 tablespoons per half lime. It's a lot of limes, but you can squeeze the removed fruit and refrigerate or freeze the juice for later use.]*

O Sprinkle each serving with lime zest. Refrigerate until set, at least 4 hours. Sprinkle with margarita or kosher salt before serving. *[From our kitchen: If desired, slice each lime half into two wedges using a hot knife.]*

SAID

I love Jell-O shots but hate little cups! I added an envelope of unflavored gelatin to this recipe to firm it up so that it could be made "jiggler" style in an 8x8 pan sprayed with a little nonstick spray. Otherwise, I made as directed. These really do taste just like a margarita. They are strong and taste great, so BE CAREFUL not to have too many! :) —RAINBOWJEWELS

BEER MARGARITAS

armagazine.com/beer-margaritas

"Who'd believe that beer would be the perfect solution to eradicating fluorescent-green margaritas? Well, it is! It's best to use not-so-microbrews to avoid an overpowering beer flavor. Use the limeade can to measure the ingredients, and add extra water if it seems too sweet." —BIG SURPRISE

- **1 (12-ounce) can frozen limeade concentrate**
- **1½ cups (12 ounces) tequila**
- **1½ cups (12 ounces) water**
- **1 (12-ounce) can beer**
- **Ice**
- **1 lime, cut into wedges**

[From our kitchen: You may also want some coarse salt to rim your glasses.]

O Pour limeade, tequila, water, and beer into a large pitcher. Stir until well blended and limeade has melted. Add plenty of ice and garnish with lime wedges. Adjust with additional water, if needed. *[From our kitchen: This is great for a party because you can double it for a crowd and even make it mostly ahead: Just combine the limeade, tequila, and water. Refrigerate up to one day, and add the beer when serving. For a change-up, substitute frozen orange juice or lemonade concentrate for the limeade concentrate.]*

SAID

I went out and bought a set of margarita glasses on the strength of my belief that I will make these margaritas at EVERY party I ever throw for the rest of my life. —JBEER

I absolutely love this recipe—you can't taste the beer, and everyone's surprised if you tell them it's in there. I recommend using a lighter-color beer. —LL

As good an idea as it seems to blend them, DON'T PUT BEER IN THE BLENDER as it will explode all over the ceiling. Blend the tequila, limeade, water, and extra ice together. THEN stir in the beer and serve. I speak from experience on this one. —SAUCED1

Blipp for a tasty strawberry variation we also enjoyed, or go to armagazine.com/strawberry-beer-margaritas

While beer and tequila might seem an unlikely duo, the slight bitterness of the beer paired with the sweet limeade and tequila makes for a balanced drink. There's no need to get an expensive microbrew; a mild, everyday beer works perfectly here.

SUBMITTED BY big surprise
PREP 5 min
READY IN 5 min
MAKES 6 cups
RATING ★★★★½
823 reviews

SUBMITTED BY
Patti Verde
PREP 45 min
COOK 35 min
READY IN
1 hr 20 min
MAKES
12 enchiladas
(3 cups sauce)
RATING
★★★★½
390 reviews

AUTHENTIC ENCHILADAS VERDES

allrecipes.com/enchiladas_verdes

"These enchiladas are made with a fresh green salsa, just like you would find in a Mexican restaurant or, better yet, in a Mexican home." – PATTIVERDE

- **2 (8-ounce) bone-in chicken breast halves**
- **2 cups chicken broth**
- **1 white onion, quartered**
- **2 cloves garlic**
- **2 teaspoons salt**
- **1 pound fresh tomatillos, husks removed**
- **5 serrano peppers** *[From our kitchen: If you can't find serranos, use 4 jalapeños and 1 long green pepper.]*
- **¼ cup vegetable oil**
- **12 (4-inch) corn tortillas**
- **1 cup crumbled queso fresco** *[From our kitchen: This cheese is also sometimes called queso blanco. If you can't find it, use grated Monterey Jack.]*
- **1 bunch fresh cilantro, chopped** *[From our kitchen: You'll need about ¾ cup chopped.]*

In a saucepan, combine chicken breasts with chicken broth, 1 onion quarter, 1 clove garlic, and salt. Bring to a boil and simmer for 20 minutes. Reserve broth, set chicken aside to cool, and discard onion and garlic. When chicken is cool enough to handle, discard skin and bones, and shred meat with your hands or two forks.

Put tomatillos and peppers in a pot with enough water to cover them. Bring to boil, and continue boiling until tomatillos turn from bright green to a dull, army green. Drain tomatillos and peppers, and put in a blender with another onion quarter, remaining clove garlic, and a pinch of salt. Pour in reserved chicken broth, so that liquid covers the veggies in the blender by about an inch. *[From our kitchen: We needed only about ½ cup broth.]* Blend all ingredients until completely smooth. Pour salsa into a saucepan (wide enough for dipping tortillas) and bring to a simmer.

Pour oil into a frying pan, and allow to get very hot. Slightly fry tortillas one at a time in hot oil, setting each on a paper towel afterward to absorb some oil. *[From our kitchen: We fried the tortillas about 10 seconds on each side, just until there were some puffed spots and a slight stiffness around the edge.]*

Dip slightly fried tortillas in simmering green salsa, until tortillas become soft again. Place on plates, three per person. *[From our kitchen: If it's easier, instead of dipping the tortillas in salsa, you can just lay them on plates and spoon some salsa over them, spreading with the back of a spoon, repeat on other side.]*

Fill or top tortillas with shredded chicken and extra green salsa. Chop the remaining onion quarters. Top enchiladas with crumbled cheese, chopped onion, and chopped cilantro.

PER 3-ENCHILADA SERVING 516 CAL, 27.7g FAT (6.8g SAT), 27.7g PRO; 43.6g CARB; 7.6g FIBER; 847mg SODIUM; 71mg CHOL

These enchiladas are all about the salsa verde, and making your own is a breeze. While you're at it, you might even want to make a double batch: it'll keep for a week in the fridge, and it works swell in the Squash and Zucchini Burritos (page 96).

SAID

Super good! The taste was awesome and authentic. We thought that the sauce would be too thin and too hot, but not to worry. When you put it back on to boil, it thickens right up, and the flavors blend so nicely when added to the chicken, tortillas, cilantro, and sour cream. —KAT

The sauce was super-easy and delicious! It got a little messy, but it tasted so good no one minded wearing a little! —CMOOPYMOMX3

These were AMAZING. I recommend cutting the pepper quantity in half, or even more. They were too spicy for me, and I usually can take the heat. —SAM-A-LAM-JAMMER

About 10 years ago I studied abroad in Cuernavaca and ate enchiladas verdes at a restaurant in Mexico City. Ever since, I have been looking for a recipe to come close to that wonderful dish. This is it! The recipe is perfect. My only suggestion is to double or triple the amount of sauce you make because you are going to want more of this tasty Mexican dish again soon, and making more to freeze will save you the effort next time. Que rica! —KRISTI

Why go to a restaurant when you can get authentic taste at home? A time-saving tip of the day is to make the meat and sauce ahead of time. The assembly only takes a few minutes for each enchilada. Amazing! —JEFF_YESSICA

This is seriously awesome. Kind of a lot of steps but completely worth it. It's so good—every time. Follow the recipe. Don't change a thing. —LJPOMS

TACOS DE MATAMOROS

allrecipes.com/tacos_de_matamoros

"A staple dish in Matamoros, Mexico, this simple recipe starts with ground beef mixed with spices that you already have in your kitchen, and turns into a great family dinner! It's perfect to make ahead on busy days." —RHONDA35

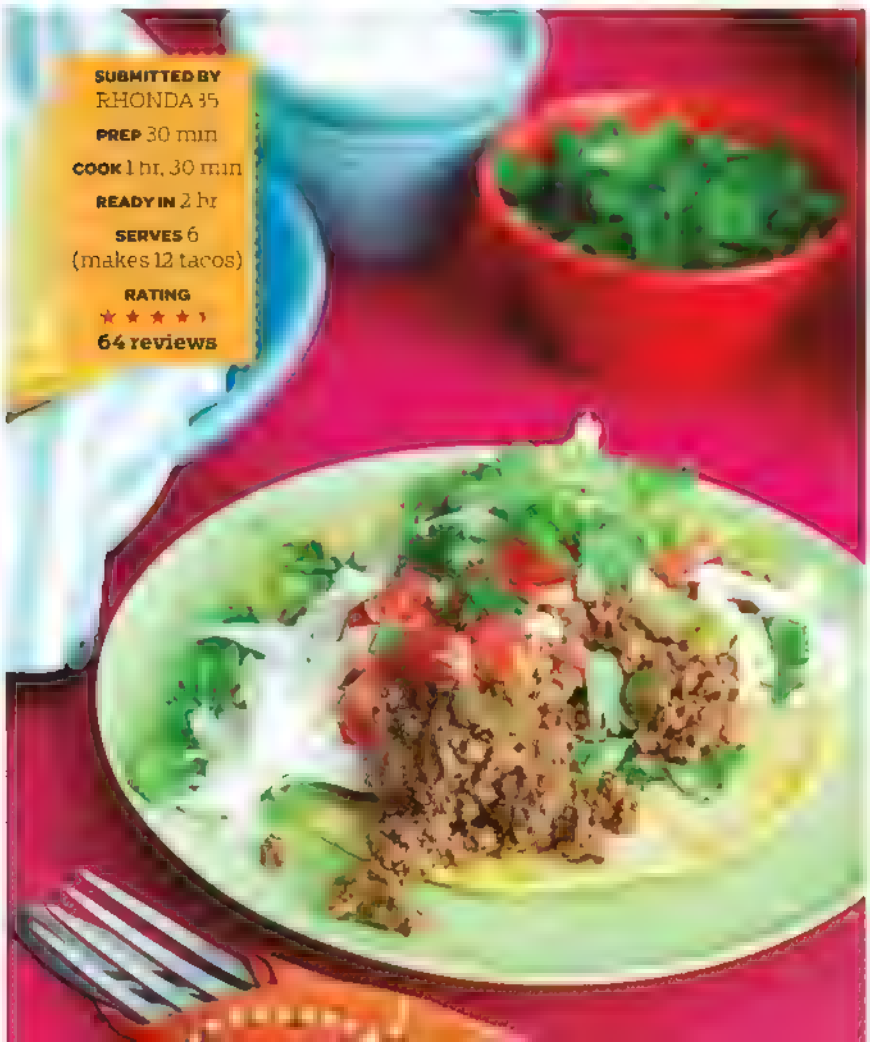
- **2 pounds ground chuck**
- **2 tablespoons chili powder**
- **2 tablespoons paprika**
- **1½ teaspoons cumin**
- **1 teaspoon salt**
- **½ teaspoon garlic powder**
- **2 cloves garlic, chopped**
- **½ medium green bell pepper, chopped**
- **½ medium onion, chopped**
- **12 (6-inch) corn tortillas, warmed**
- **12 ounces queso asadero, crumbled**
  [From our kitchen: If your grocer doesn't carry this white Mexican cheese, you can use shredded Monterrey Jack or fontina instead.]
- **1 (8-ounce) container sour cream**
- **1 large tomato, diced**
- **2 cups shredded lettuce**

1. Put ground chuck in a large skillet, and stir in chili powder, paprika, cumin, salt, garlic powder, and garlic. Pour in enough water to cover, then bring to a boil. Reduce heat to low, and simmer 1 hour. Add more water as necessary to keep meat covered as it cooks, and break meat into small pieces.
2. Add bell pepper and onion to the skillet and simmer 30 minutes more. Drain and reserve juices. Skim the fat off the juices (or, if not preparing the tacos right away, place juices in the freezer until fat may be easily removed from the top). Mix 5 tablespoons of remaining juices back into the skillet with the beef, and cook until heated through. *[From our kitchen: While the beef cooks, warm the tortillas. Wrap the whole stack in paper towels and microwave—or wrap them in foil and warm in the oven—until they're heated through.]*
3. Serve the beef on the tortillas. Garnish with queso asadero, sour cream, tomato, and lettuce. *[From our kitchen: These are pretty mild in the spice department. Bust out the hot sauce or add sliced jalapeños for the heat-seekers in your house.]*

Note from RHONDA35: An addition would be to simmer the ground meat—whether it be turkey, beef, or pork, or a combination—in fat-free chicken broth. And definitely add 3 to 5 bay leaves to the meat/broth mixture. Adjust the seasonings to your liking.

PER 2-TACO SERVING 629 CAL; 39.1g FAT (20.5g SAT); 38.4g PRO; 33g CARB; 6g FIBER; 868mg SODIUM; 128mg CHOL

The mild but flavorful filling for these tacos is ideal for making ahead. It can be packed in containers and frozen up to three months; just thaw and gently reheat when needed. For a lighter version, try making it with lean ground turkey.



SUBMITTED BY RHONDA35
PREP 30 min
COOK 1 hr, 30 min
READY IN 2 hr
SERVES 6 (makes 12 tacos)
RATING ★★★★½
64 reviews

WHO SAID

I use this now instead of packaged taco seasoning. We love it! —MARY ANN

My kids won't eat taco meat seasoned with grocery store packets. This recipe, especially the technique, makes the meat a totally different texture and much more pleasing to my family overall. I'm curious to try it seasoned different ways, but I have made it several times this way. The crumbly, salty cheese is delicious! —MOELASSES

I've been trying for years to figure out how real Mexican restaurants prepare their ground beef—and, man, this is pretty much it! The secret is the TEXTURE. I've tried so many frying methods, and nothing was right. You have to simmer and slow-cook! It makes sense now. It's kind of a "duh" moment, but now that I have it, I'm looking forward to tweaking this to my Mexican delight. :) —JOHNNYRIBCAGE

This was VERY good. I've eaten many times in Matamoros and Progreso, Mexico, and this IS what it tastes like. I doubled the recipe for a party. Everyone loved it! —TEXMEX101

Hidden Gem

SQUASH AND ZUCCHINI BURRITOS

armagazine.com/squash-zucchini_burritos

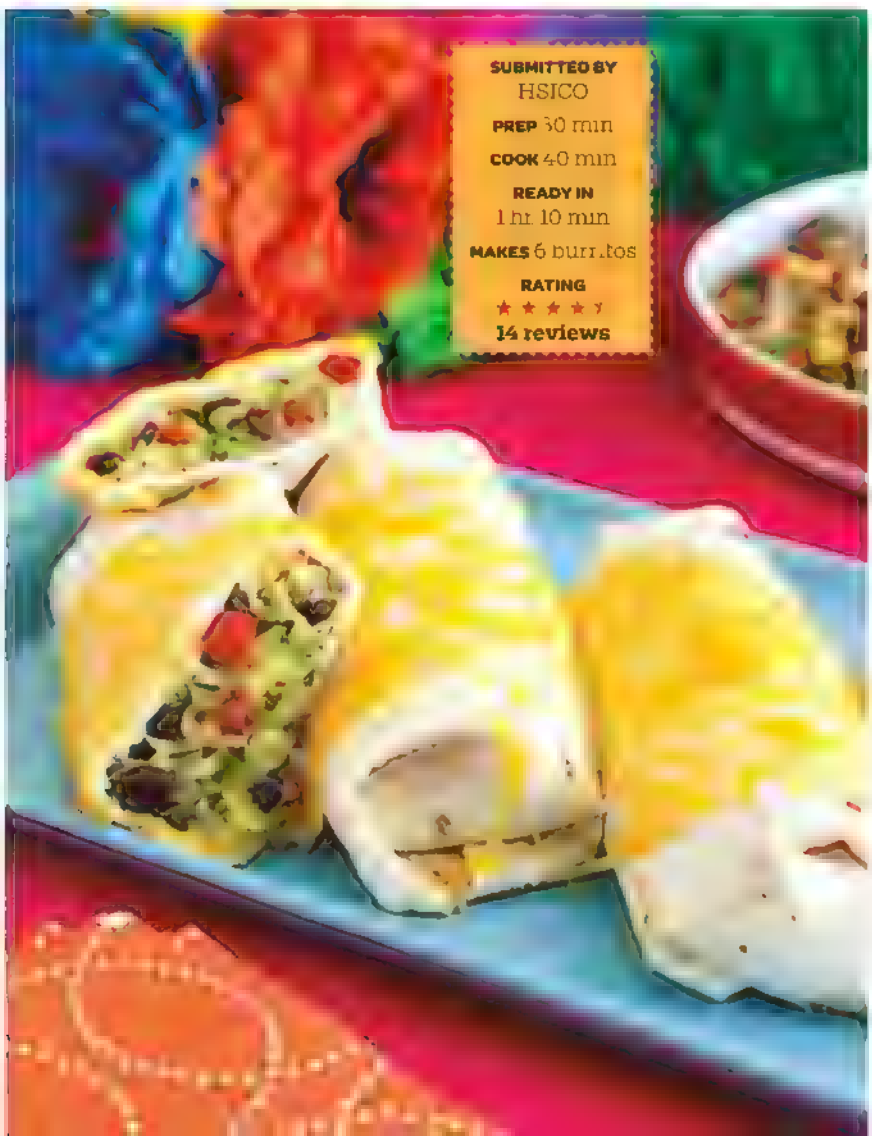
"This can be tailored to your tastes. It's a great new way to use up summer squash from your garden or farmers market." —HSICO

- **2 tablespoons olive oil**
- **½ onion, chopped**
- **2 cloves garlic, pressed**
- **2 medium (6-ounce) zucchini, shredded**
- **1 large yellow squash, shredded**
- **½ red bell pepper, chopped**
- **1 (15-ounce) can black beans, rinsed and drained**
- **1 cup green salsa**
- **½ teaspoon ground cumin**
- **½ teaspoon ground cayenne pepper**
- **6 burrito-size flour tortillas**
- **2 (8-ounce) packages Mexican-style shredded cheese blend**

1. Preheat oven to 350°F. Grease a 9x13-inch baking dish.
2. Heat olive oil in a large skillet over medium heat, and cook onion and garlic until onion is translucent, about 5 minutes. Stir in zucchini, yellow squash, and bell pepper. Cook, stirring frequently, until zucchini and squash are tender, about 10 minutes. Stir in black beans, green salsa, cumin, and cayenne pepper. Cook and stir until filling thickens, 5 to 8 more minutes.
3. Arrange tortillas on a work surface. Divide one package cheese among tortillas. Spoon filling into each tortilla, over cheese, in a line down the center. Roll up tortillas, tucking in ends, and place in prepared baking dish seam sides down. *[**From our kitchen:** Roll them tightly. It will be a snug fit.]*
4. Bake until cheese is melted and burritos are heated through, about 15 minutes. Sprinkle remaining package cheese over top before serving. *[**From our kitchen:** We baked the burritos 10 minutes, then topped with cheese and baked another 5 minutes so that the cheese on top melted.]*

Note from HSICO: You can add chopped fresh cilantro to the filling for a stronger flavor. Serve with sour cream, avocado, or salsa.

PER 1-BURRITO SERVING 575 CAL; 34.7g FAT (15.5g SAT); 23.4g PRO; 48.1g CARB; 3.9g FIBER; 1,112mg SODIUM; 68mg CHOL



Well Said

"I'm trying to cook vegetarian a few times a week, so I was happy to find this recipe. I added a couple fresh chopped jalapeños to the vegetables and used whole-wheat flour tortillas. My family gobbled them up, and my husband said, "Definitely make these again!" —IRISMAC

A tasty veggie burrito and good way of getting kids to eat veggies! —MOM

This was yummy! I didn't bother baking these. I just microwaved the tortillas. I ended up using twice the garlic, cumin, and red pepper. Next time, I'll serve with lime and sour cream, too. —COOKIE_COOKER

Great recipe! Shredding made a big difference to those who do not like zucchini or squash that much. —MIKE

Blipp for more vegetarian main dishes with Mexican flair. Or go to armagazine.com/veg-mex-mains

Vegetarians and meat-eaters alike will go wild for these burritos—they're a nice departure from the usual rice-and-bean versions. The recipe calls for store-bought green salsa, which comes in mild to hot varieties, but if you like, you can make the homemade green salsa that's in Authentic Enchiladas (page 94). The filling can be prepared ahead of time, so all you have to do is roll and bake them on the day of the party.

SUBMITTED BY
Karen Castle
PREP 15 min
READY IN
1 hr 15 min
SERVES 8
(makes 10 cups)
RATING
★★★★★
1,062 reviews

MEXICAN BEAN SALAD

armagazine.com/mexican_bean_salad

allrecipes 5-STAR RATING

"Colorful, spicy, and refreshing!" —KAREN CASTLE

- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (15-ounce) can cannellini beans, rinsed and drained
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (10-ounce) package frozen corn kernels, thawed
- 1 red onion, chopped
- ½ cup olive oil
- ½ cup red-wine vinegar
- 2 tablespoons fresh lime juice
- 1 tablespoon lemon juice
- 2 tablespoons sugar
- 1 tablespoon salt
- 1 clove garlic, crushed
- ¼ cup chopped fresh cilantro
- ½ tablespoon ground cumin
- ½ tablespoon black pepper
- 1 dash hot pepper sauce
- ½ teaspoon chili powder

1. In a large bowl, combine beans, bell peppers, corn, and onion.
2. In a small bowl, whisk together olive oil, vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, black pepper, hot sauce, and chili powder.
3. Pour olive oil dressing over vegetables; mix well. Chill thoroughly and serve cold. *[From our kitchen: If you mix the dressing up first in a large bowl and add the chopped veggies to it, you'll have one less bowl to wash. We also tried this at room temperature, and it was equally delicious.]*

PER ¼-CUP SERVING 334 CAL, 14.8g FAT (2g SAT); 11.2g PRO; 41.7g CARB; 10.5g FIBER; 1,159mg SODIUM, 0mg CHOL

Blipp to see this recipe in motion! (Details on page 5.) Or go to armagazine.com/mexican-bean-salad-video

SAID

Love, love, love this recipe! I have made it numerous times and feel very healthy eating it. Sometimes I'll throw in some quinoa, too. —KATHY

I made this as directed but cut the oil and vinegar in half after reading some of the reviews, and it was a hit at our house! I'll definitely make this again. —PAPAY

I have made this recipe three times. I do exactly what the recipe says, and it is perfect. It's a huge hit. For Weight Watchers members: ½ cup is four points plus. —ROXIE

This is my go-to get-together salad. I have made it at least 20 times, and every time I get asked for the recipe and send people home with leftovers. I make it the night before the party, so the flavors soak in. —AMERICANLIZ25

CINCO DE MAYO MYTH BUSTER

The fifth of May is not, as is often mistakenly thought, the date Mexico declared independence from Spanish colonial rule. Rather, the holiday commemorates the 1862 Battle of Puebla, where Mexicans defeated French colonists who were trying to expand into Mexico. General Ignacio Zaragoza led the rag-tag forces who proved that, after its hard-won independence (back in 1821), Mexico wasn't about to be subjected to foreign rule again. Puebla wasn't the decisive battle (the war lasted five more years), but it galvanized the Mexican spirit.

Cinco de Mayo is to Mexicans in Mexico much like St. Patrick's Day is to the Irish in Ireland—important but celebrated far more enthusiastically by those outside the country. In Puebla, of course, there's a fiesta to mark the historical event. But for the rest of Mexico, it's more of a bank holiday. American cities with large Mexican populations, however, celebrate with colorful parades, street fests, *folklórico* dancing, mariachi bands, and of course, plenty of food and drink. —NANETTE27

SUBMITTED BY
Delia

PREP 10 min

COOK 10 min

READY IN 20 min

MAKES 16 (5-inch) churros

RATING
★ ★ ★ ★ ½
294 reviews

If you're a fan of donuts and crullers, you're going to devour these cinnamon-sugar–dusted churros. They're best eaten the day they are made, but they fry up in a flash and hold for a few hours.

CHURROS

armagazine.com/churros

"These Mexican fritters are very common at fairs. In my border hometown, the line at this stand is always overwhelming. People wait hours just to get a taste. I have run across several recipes, but this is the best one by far." —DELIA

- 1 cup water
- ½ cup plus 2½ tablespoons sugar
- ½ teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup all-purpose flour
- 2 quarts oil for frying
- 1 teaspoon ground cinnamon

In a small saucepan over medium heat, combine water, 2½ tablespoons sugar, salt, and 2 tablespoons vegetable oil. Bring to a boil and remove from heat. Add flour and stir until mixture forms a ball. Transfer mixture to a heatproof pastry bag fitted with a star tip or cool slightly and transfer to a heavy-duty plastic zip-top bag with one corner snipped off.

Heat frying oil in deep-fryer or deep skillet to 375°F. Working in batches, pipe strips of dough into hot oil. Fry until golden, drain on paper towels. *[From our kitchen: We made ours about 5 inches long and fried them 3 to 4 minutes, turning once with a slotted spoon. They float just before they're done. After frying, we set them on a plate lined with paper towels to help absorb excess oil.]*

Combine ½ cup sugar and teaspoon cinnamon in a shallow bowl. Roll churros in cinnamon-sugar mixture.

Note from Delia: If your churros are burning on the outside while still doughy on the inside, try lowering your heat. The longer they are in the oil, the better they will cook inside without burning outside.

PER 2-CHURRO SERVING 346 CAL; 25.6g FAT (3.4g SAT); 1.7g PRO; 28.6g CARB; 0.6g FIBER; 147mg SODIUM; 0mg CHOL

SAID

You really do have to let the batter cool a little before putting it in the piping bag. I had to double-bag mine in order for the batter to not melt through. I agree with others that it's better to pipe all of them on parchment paper, and then just add them to the oil a few at a time. Piping them directly into the oil did not work for me. I immediately rolled them in the cinnamon-sugar mixture to make sure it stuck and they were well-coated. My kids were so thrilled. The only problem is that now they expect me to make these on a regular basis. —MOMINML

These are very good, but just remember to pipe them very thin or you'll end up with raw insides and burned outside! —CLAIREOS

Very easy recipe, and the outcome was excellent! Very authentic! Tip: Fry dough ASAP to avoid a gooey mess. —MYSUNSHYN

Bbpp now to see how it's done! Or go to armagazine.com/churros-video.

End the party on a fresh note: Along with the churros, pass a platter of pineapple skewers dusted with chili powder, a classic Mexican treatment of fruit.

THE GAME PLAN

3 to 5 days ahead

- Make your shopping list (use Allrecipes.com's Shopping Lists on your mobile phone to make it easy!) and hit the grocery store. Don't forget ice, beverages, flowers, and paper products.

2 days ahead

- Make the Jell-O shots.
- Prepare the beef for the tacos.
- Whip up the salsa verde and cook and shred the chicken for the enchiladas.
- Bust out the chili pepper lights!

1 day ahead

- Combine limeade, tequila, and water for the beer margaritas.
- Make the bean salad.
- Prepare the veggie burritos (all except baking and topping with cheese).
- Chop the taco fixings.
- Decorate the table and set out the cups, napkins, and plates.
- Chill beer and any other beverages.

Day of party

- Mash up the guacamole.
- Cut and dress the jicama and the pineapple.
- Lightly fry the tortillas for the enchiladas.
- Fry the churros.
- Pop the burritos in the oven.
- Assemble the enchiladas.
- Make rice.
- Warm the taco meat and set out the taco fixings.
- Cue the music, mix the margaritas, and pour one for yourself!

ILLUSTRATIONS KAREN GREENBERG

what a Ham!

Just in time for Easter, here's a hammy guide with serious answers to all your most-pressing ham questions. —SANDYG

What makes a ham a ham?

A true ham (there *are* impostors) comes from the hind leg of a hog. And the name? It's derived from the Old English *ham, hamm*, or *hom*, which referred to the back of the knee. It may be sold bone-in or boneless and as a whole or a half ham.

Main Types of Hams

1

Fresh ham is an unprocessed leg of pork, and it usually comes with the skin on. You're more likely to find this around the holidays, especially Easter and Christmas, as it feeds a crowd and is considered elegant. If your heart is set on having one on the holiday table, it's best to ask your butcher in advance. After baking, fresh ham looks and tastes more like a pork roast; the meat's more white than pink because it's not cured. You'll want to score the skin in a crosshatch pattern, season it and the meat, and cook as you would a pork loin.

2

Dry-cured ham is either buried in or rubbed with salt and other seasonings (including sodium nitrates and nitrites and, often, some sugar) and aged anywhere from six months to two years (and occasionally even longer) in a cool place. The salt draws out water, preventing bacterial growth, drying the ham out somewhat and concentrating the flavors. Once considered villains, nitrites and nitrates are preservatives that give your ham a rosy glow—and sometimes a little rainbow—and may be natural (from vegetables) or chemical.

3

Wet-cured ham, like its cousin the dry-cured ham, is salted and seasoned, but the seasoning comes from the brine it's soaked in or injected with. More often than not, this is what you'll find in the market.

Hams of distinction

City hams are wet-cured, a citified practice that differentiates them from their country cousins. Most of the hams sold for Easter are city hams. They may be uncooked, partially cooked, or fully cooked. The labels will tell you.

Country hams are dry-cured and usually quite salty. Depending on how long it's been hung and what brand (Smithfield is among the most famous), a country ham will need soaking to remove some of the salt. Even after soaking, country ham is fairly salty. It's best served thinly sliced or used as a seasoning element.

Honey-baked hams are baked with a sweet, crunchy honey glaze. They date back almost 60 years to Harry Hoenselaar, who started the original HoneyBaked Ham Company in Michigan. He chose bone-in hams, marinated them (a wet cure!), and then smoked them for 12 hours. Prior to starting his ham company, Hoenselaar invented a special slicing machine that cut bone-in ham in one continuous spiral around the bone, making it super easy to serve. The spiral-cut HoneyBaked Ham was born. Hoenselaar's patent ran out in 1981, and today you can find many types of spiral-cut ham, including both dry- and wet-cured.

Smoked hams are hung in smokehouses where they absorb flavor from smoldering wood fires. (Different woods yield different tastes.) Smoking slows the growth of bacteria, but it doesn't necessarily cook the meat. Smoked hams may be cured first, and you can find fully cooked smoked hams, too; just check the label.

Impostors

Picnic ham comes from the front leg and part of the shoulder, so in technical terms it's not really a ham, but it *is* delicious. These can be fresh or smoked, with smoked tasting more like a traditional ham.

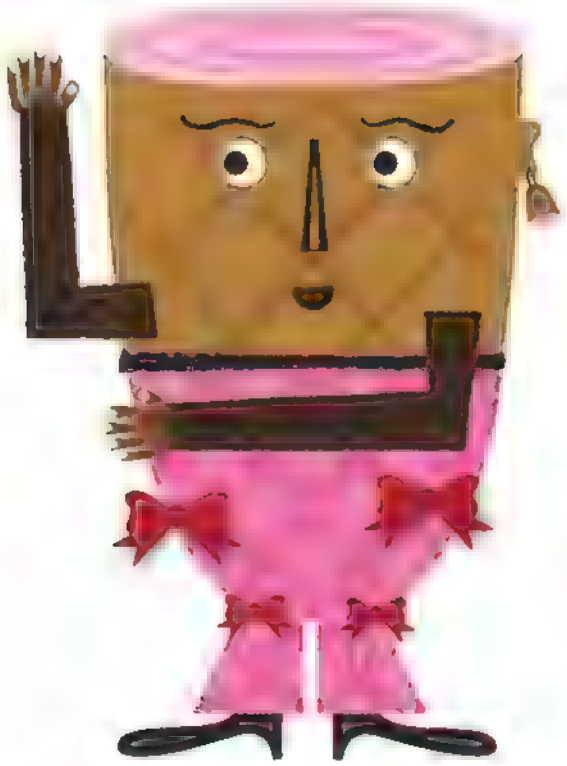
Turkey ham is not ham at all, but turkey thigh that's been cured and cooked. It's ready to eat and, while it is shaped like and calls itself ham, it must say **"cured turkey thigh meat"** on the label. Yes, it's an impostor.

Water-added hams: OK. The labeling here can be tricky. **"Ham with natural juices"** has had water added and may contain up to 10% water—making it quite juicy, in a good way. **"Ham, water added"** contains at least 15% added water. Above this level of water, you may start to lose that true ham flavor. **"Ham and water product"** contains up to a whopping 50% of added water. And hams with any more water than that must say **"water and ham product."** After all, if it has more than 50% water, well, it's more water than ham.

Canned ham: It's made from chopped-up bits of cured pork and other ingredients, packed into a can and steamed into a uniform loaf. It's fully cooked and ready to eat. There are two types of canned hams; one is shelf-stable and can be kept unrefrigerated, before opening, up to two years. The other type of canned ham is not shelf-stable, so look for it in the refrigerated section of the meat department. Once opened, both types should be refrigerated. (The iconic Spam is actually a mixture of chopped pork shoulder and ham, plus potato starch and seasonings.)

How exactly did ham get to be the meat of choice for the Easter table?

In ye olde days before electric refrigeration, hogs were slaughtered in the fall and wouldn't keep until the spring. The meat that wasn't eaten fresh in the cold months was cured so that it would keep longer and could be used during the warmer months until the next slaughtering season. Because curing takes awhile, the first hams were ready right about Easter time. Today you can find hams of all sorts year-round.



Fancy-pants hams from foreign lands

In general, these are more expensive than domestic hams due to production costs and import duties. They need no cooking and, because of their concentrated flavor and high price tags, you won't likely be serving them for Easter.

Bayonne
This slightly sweet dry-cured ham hails from a specific region in France and can only come from eight breeds of pig. Thinly sliced, the meat is tender and slightly chewy.

Black Forest
Hailing from the Black Forest region of Germany, this dry-cured smoked ham is one of the most popular in Europe. After a month or so of curing with salt and spices, it is cold-smoked and then air-dried. Moist and flavorful with a dark outer edge, it makes for a great sandwich. In Europe, anything that's called Black Forest ham must come from that region; in the U.S. and Canada there's also domestic ham called Black Forest.

Iberico
This dry-cured ham from Spain (and Portugal) is made from the hind leg of a black Iberian pig. The pigs forage on acorns, which some say infuses the meat with a nutty flavor. It cures for one to four years and needs no cooking. The meat is tender when thinly sliced and very expensive. At specialty meat shops, it's often shaved to order from a leg with the hoof still attached (to prove it's from the Iberian pig).

Prosciutto
Hailing from Italy, this dry-cured ham has streaks of fat and a silky texture. Serve thin slices with fruit or cheese, wrapped around cooked asparagus, on top of pizza, or straight up. As with many dry-cured hams, the closer you get to the last bit of the whole prosciutto ham, the saltier it can be due to dehydration.

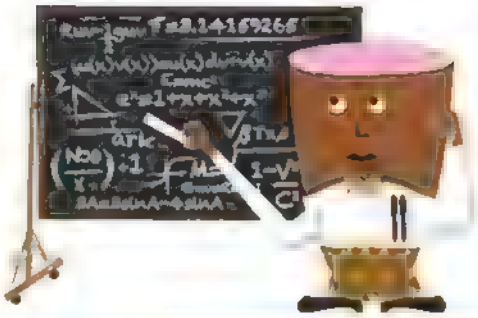
Serrano
Also from Spain and from a particular breed of white pig called Landrace, Serrano is a little more affordable than Iberico. It's also dry-cured and should be served in thin slices.

How much should I buy?

Figure about ¾ pound of bone-in ham or ½ pound boneless ham per person. If you're not feeding a big group, get a half ham, either the shank or butt end. The jury is out about which has better flavor. The shank end comes from the lower portion of the leg, is tapered in shape, and has a small bone that's easy to cut around. The butt end comes from the upper thigh, is rounder in shape, has more bone and fat, and is harder to carve than the shank. Some folks prefer the butt end as they feel it's fuller and meatier in flavor, while others enjoy the more easily carved shank. It's up to you and the designated carver.

Good to the bone!

After the big meal and the leftover sandwiches, don't toss that ham bone. Trim all the little bits for salad and save the bone to flavor a soup (think split pea), a pasta sauce, or a hammy broth. If you don't feel like using it right away, wrap the bone tightly in foil and tuck it in the freezer, where it'll keep several months and satisfy a future ham hankering.



It seems a little funny that you might want to cook a fully cooked or cured ham for several hours, but if you want it hot, that's what you have to do.

Your slow cooker, if it's big enough, can be a real pal. You can add a sauce or about a cup of liquid (water, broth, Coke, Pepsi, Dr Pepper, and root beer are popular) and cook on LOW 8 to 10 hours or until the key internal temp is reached. If you'd like to glaze it once it's done, brush on the glaze, set the ham on a rack in a roasting pan or on a rimmed baking sheet, and bake in a 400°F oven until glazed, about 10 minutes.

For oven roasting, preheat the oven to 325°F, set the ham on a rack, and pour some liquid under it. Cover (don't tent; you want it to steam without drying out) with foil, and roast until heated to 135°F, about 16 minutes per pound. Turn the oven up to 400°F, brush on a glaze, and bake about 15 minutes longer (sugary glazes will take less time, so keep an eye on it) or until the key internal temp is reached and the outside is nicely glazed.

About those internal temps: To take your ham's temperature, insert an instant-read thermometer at the thickest part, away from the bone. Whether fresh or smoked, uncooked hams and partially cooked hams should be cooked to 145°F and allowed to rest at least 3 minutes before eating. Fully cooked hams labeled "ready to serve" can be sliced and eaten cold or heated to 140°F so they get hot but don't dry out. If you're reheating a fully cooked ham, the USDA advises heating it to 165°F.

by the numbers

Allrecipes.com visitors searched for baked-ham recipes

155,915

times last year.

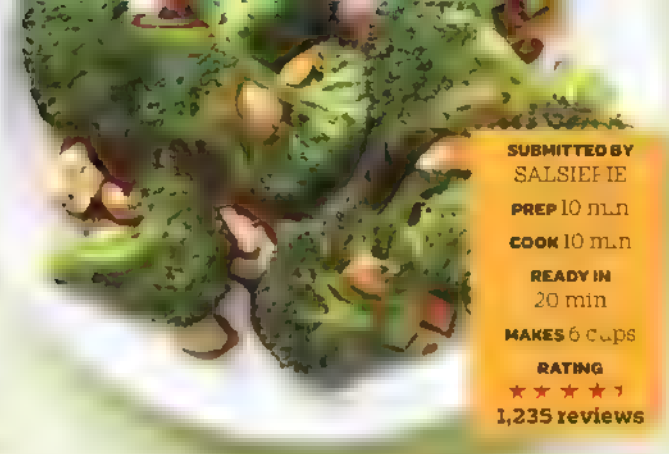
Peak times for internet ham searches: the 7 days leading up to Easter, Thanksgiving, and Christmas.

Allrecipes.com has a whopping **92** recipes for whole baked ham and ham glazes. (Find the most-tried, best-rated one at armagazine.com/honey-glazed ham.)

20% OF THE BAKED-HAM RECIPES ON THE SITE CALL FOR ALCOHOL.

Shades of
GREEN

A lot of us make a serious effort to serve meals with a green veg on the side, but it gets hard to keep it new or exciting, especially when steaming or microwaving is so easy. We were feeling veggie fatigue, too, so the magazine gang cracked through hundreds of green-vegetable recipes on Allrecipes.com to collect some preparation inspiration. We found simple, delicious ideas for broccoli, green beans, Brussels sprouts, asparagus, spinach and kale—most are side dishes, but some are the main event. Now it's easy being green.



SUBMITTED BY SALSIEPIE
PREP 10 min
COOK 10 min
READY IN 20 min
MAKES 6 cups
RATING ★★★★½
1,235 reviews

Broccoli with Garlic Butter and Cashews

armagazine.com/broccoli-garlic-butter

"A new recipe a neighbor gave us. What a hit with my family. Just the right mixture of garlic and cashews with our favorite side dish, broccoli. And so very easy to make! If in a pinch, you could probably use frozen broccoli, too, but I haven't tried." —SALSIEPIE

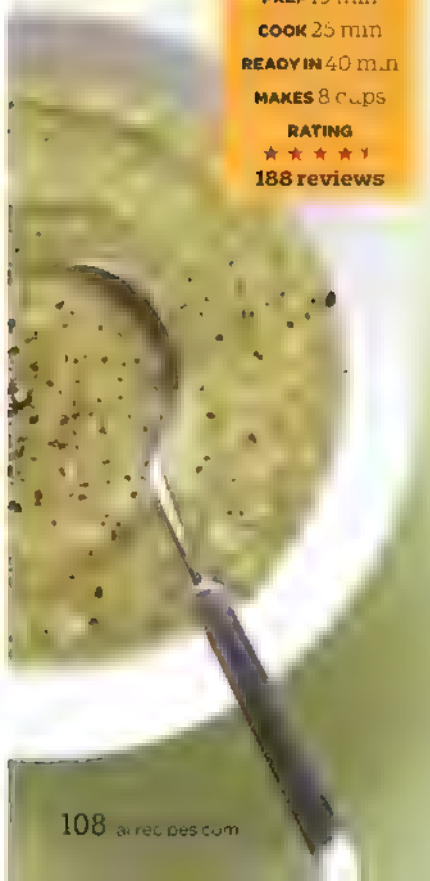
- **1½ pounds fresh broccoli, cut into bite-size pieces**
- **⅓ cup butter**
- **1 tablespoon packed brown sugar**
- **3 tablespoons soy sauce**
- **2 teaspoons white vinegar**
- **¼ teaspoon black pepper**
- **2 cloves garlic, minced**
- **⅓ cup chopped salted cashews**

Put broccoli into a large pot with about 1 inch of water. Bring to a boil, and cook for 5 to 7 minutes, or until tender but still crisp. Drain well, and arrange broccoli on a serving platter. While the broccoli cooks, melt butter in a small skillet over medium heat. Mix in brown sugar, soy sauce, vinegar, pepper, and garlic. Bring to a boil, then remove from heat. Mix in cashews, and pour sauce over the broccoli. Serve immediately. *[From our kitchen: The sauce is absolutely delicious, but a bit on the thin side. We recommend reversing the order to give it time to thicken: Cook the sauce first, letting it simmer for 5 minutes to thicken. Then cook the broccoli, drain well, and toss with the sauce and nuts.]*

PER 1-CUP SERVING 187 CAL, 14.2g FAT (7.2g SAT), 5.1g PRO, 13.2g CARB, 3.3g FIBER, 611mg SODIUM, 27mg CHOL

Blipp to see how to make this, or go to **armagazine.com/broccoli-garlic-butter-video**

This is the only way I will ever fix broccoli again! I added carrots and purchased the fresh broccoli pieces in the big bag at the warehouse club. I steamed the veggies, then added the hot sauce with the cashews. Thanks, you made me look like I was really spectacular in the kitchen! —LUTIE47



SUBMITTED BY LONBINDER
PREP 15 min
COOK 25 min
READY IN 40 min
MAKES 8 cups
RATING ★★★★½
188 reviews

Broccoli Soup

armagazine.com/broccoli-soup

"My friend's wife introduced me to this recipe. I HATE broccoli, but loved this soup. I ate every drop. It's simple and good!" —LONBINDER

- **1 tablespoon olive oil**
- **1 large onion, chopped**
- **3 cloves garlic, peeled and chopped**
- **2 (10-ounce) packages chopped frozen broccoli, thawed** *[From our kitchen: We used 1¼ pound fresh broccoli for this recipe, about 7 cups coarsely chopped. You can buy broccoli florets at the salad bar if you're really in a rush!]*
- **1 (8-ounce) potato, peeled and chopped**
- **4 cups chicken broth** *[From our kitchen: We needed 5 cups of broth to cover the veggies.]*
- **¼ teaspoon ground nutmeg**
- **Salt and black pepper to taste**

Heat oil in a large saucepan, then sauté onion and garlic until tender. Mix in broccoli, potato, and chicken broth. Bring to a boil, covered, then reduce heat, and simmer, uncovered, 15 minutes, until vegetables are tender. With a hand mixer or blender, purée mixture until smooth. Return to saucepan, and reheat. Stir in nutmeg, and salt and pepper to taste.

PER 1-CUP SERVING 64 CAL, 2g FAT (0.3g SAT); 2.8g PRO; 10.2g CARB, 3.1g FIBER; 20mg SODIUM; 0mg CHOL

Very good, healthy soup—just what I was looking for, without all the cream and cheese. Skipped the nutmeg since I am not a big fan, and used a bit of thyme and a dash of cayenne. My favorite way of adding richness to healthy soups is to top them with a dollop of nonfat Greek yogurt. It adds a little tang and creaminess, just like sour cream would. —SUKJA

Green Bean Fries

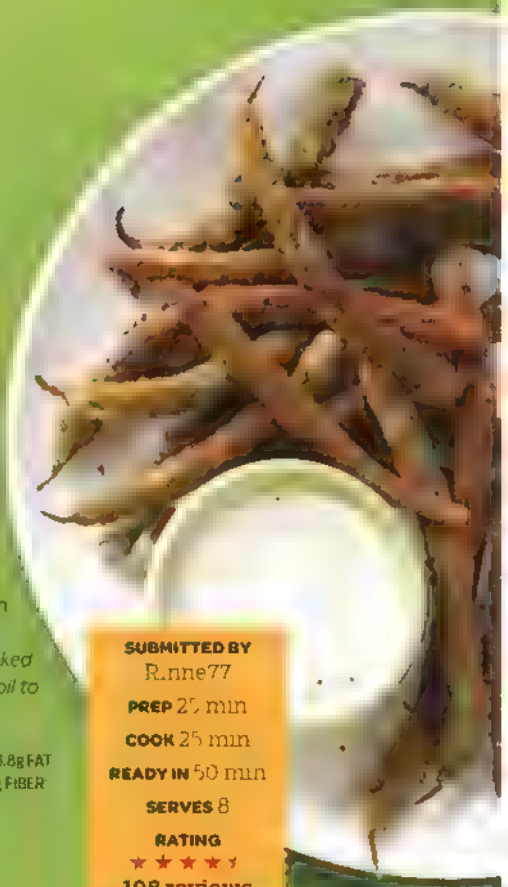
armagazine.com/green-bean-fries

"A way to get in your veggies! My husband hates green beans but gobbles these up! Serve with ranch dressing or other favorite dipping sauce." —RINNE77

- Vegetable oil for frying
- 1 pound fresh green beans, trimmed
- ½ cup water
- 1 cup all-purpose flour
- 1 egg
- ½ cup milk *[From our [illegible] We recommend decreasing the milk to ⅓ cup so mixture is thicker and better adheres to beans.]*
- 2 cups dried seasoned bread crumbs
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

1. Heat oil in a deep fryer or electric skillet to 375°F *[From our kitchen: We used a 5-quart Dutch oven with 4 cups oil and a deep-fry thermometer.]*
2. Combine green beans and water in a saucepan. Cover and bring to a boil. Cook until beans are bright green, about 4 minutes. Drain and transfer to a bowl. Cover with cold water and set aside.
3. Put flour in one bowl. In another bowl, whisk egg and milk. In a third bowl, mix together bread crumbs, chili powder, garlic powder, and onion powder. *[From our kitchen: The bread-crumb mixture could use a bit of salt; we added 1 teaspoon.]* Drain green beans and toss with flour to coat, shaking off excess. Dip beans into egg mixture and then into bread crumbs, coating thoroughly.
4. Fry beans in batches so they are not touching. Cook until golden brown and crispy, 1 to 2 minutes. Lift out with a slotted spoon and drain on paper towels. *[From our kitchen: We cooked ours in 8 batches, returning oil to 375°F between batches.]*

PER 2-OUNCE SERVING 306 CAL; 13.8g FAT (2.2g SAT); 8.3g PRO; 37.9g CARB; 4g FIBER; 550mg SODIUM; 28mg CHOL



SUBMITTED BY Rinne77
PREP 20 min
COOK 25 min
READY IN 50 min
SERVES 8
RATING ★★★★½
108 reviews

Plate barely made it to the table! —Rinne77

Japanese-Style Sesame Green Beans

armagazine.com/sesame-green-beans

"I discovered this dish at my mother-in-law's house during a family holiday buffet. Being Japanese, she had many friends who brought wonderful Japanese dishes, and this was one of my favorites. It's light and fresh any time of the year." —COOKING_MUSE

- 1 tablespoon canola oil
- 1½ teaspoons sesame oil
- 1 pound fresh green beans, trimmed
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame seeds

1. Heat a large (12-inch) skillet or wok over medium heat. When skillet is hot, pour in canola and sesame oils, then add whole green beans. Cook, stirring until beans are bright green and slightly browned in spots, about 10 minutes. Remove from heat, then stir in soy sauce and let sit, covered, 5 minutes. Sprinkle with toasted sesame seeds to serve.

PER 3.3-OUNCE SERVING 97 CAL; 6.6g FAT (0.7g SAT); 2.7g PRO; 8.9g CARB; 4.2g FIBER; 233mg SODIUM; 0mg CHOL

This has become a staple in my house. My husband is not fond of many vegetables, but these he will eat. I add ground black pepper, a bit of hot sauce, and minced garlic. It gives it a bit more kick. I have also added snow peas (mix them in later as they cook more quickly), and they come out good as well. —FLORIANEY

SUBMITTED BY Cooking_Muse
PREP 5 min
COOK 15 min
READY IN 20 min
MAKES 4 cups
RATING ★★★★½
259 reviews

SUBMITTED BY Boomdogu2
PREP 30 min
COOK 25 min
READY IN 55 min
MAKES 5 cups
RATING ★★★★½
51 reviews

Shaved Brussels Sprouts with Bacon and Almonds

armagazine.com/shaved-brussels-sprouts

"Brussels sprouts are shredded like cabbage and quickly sautéed in bacon drippings with garlic and almonds. This recipe has made Brussels sprouts–lovers out of haters." —BOOMDOGU2

- **6 slices bacon, chopped**
- **⅓ cup sliced almonds**
- **2 tablespoons minced garlic**
- **2 pounds Brussels sprouts, trimmed and thinly sliced** *[From our kitchen: To get really thin, thin, thin slices, use a mandoline or other handheld slicer.]*
- **2 tablespoons red-wine vinegar**
- **Salt and black pepper to taste**

1. Fry bacon in a large deep skillet over medium heat until browned and crisp, 5 to 10 minutes. Remove bacon with a slotted spoon and set aside on paper towels.
2. Add almonds and garlic to skillet and cook over medium heat until toasted, 1 to 2 minutes. Add Brussels sprouts and quickly toss to coat with hot oil. Add vinegar, and salt and pepper to taste, toss again to coat. Cook, stirring frequently, until sprouts are wilted. Remove from heat, stir in bacon and season with salt and pepper.

PER 1-CUP SERVING 323 CAL; 22g FAT (6g SAT); 13g PRO; 19g CARB; 8g FIBER; 580mg SODIUM; 30mg CHOL

"I'm one of those horrible grown-ups who won't eat vegetables. And I ate these. And liked them. My boyfriend said these were the highlight of his dinner. They were really that good. I used a mandoline slicer to shave them. It was very easy, and they cooked great. We'll definitely be having these again soon." —HH

I have NEVER, EVER, EVER eaten a Brussels sprout that I liked. Sautéed, boiled, herbed, salted up, cheesed up—YUCK. I thought nothing would change my mind. Until now! These are awesome! Creamy but not mushy. —IZZIEWANNA

SUBMITTED BY JAQATAC
PREP 15 min
COOK 45 min
READY IN 1 hr
SERVES 4 (makes 3 cups)
RATING ★★★★½
1,812 reviews

Roasted Brussels Sprouts

armagazine.com/roasted-brussels-sprouts

"This recipe is from my mother. It may sound strange, but these are really good and very easy to make. The Brussels sprouts should be brown with a bit of black on the outside when done. Any leftovers can be reheated, or even just eaten cold from the fridge. I don't know how, but they taste sweet and salty at the same time!" —JAQATAC

- **1½ pounds fresh Brussels sprouts, trimmed**
- **3 tablespoons olive oil**
- **1 teaspoon kosher salt**
- **½ teaspoon black pepper**

1. Preheat oven to 400°F.
2. Put Brussels sprouts, olive oil, salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour sprouts onto a baking sheet.
3. Roast for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat if necessary to prevent burning. Season with more salt, if necessary. Serve immediately.

PER ¾-CUP SERVING 156 CAL; 10.9g FAT (1.6g SAT); 4.3g PRO; 15g CARB; 4.5g FIBER; 516mg SODIUM; 0mg CHOL

Blipp it, watch it, make it! (Blipp details on page 5.) Or go to **armagazine.com/roasted-brussels-sprouts-video**

Spinach and Orzo Salad

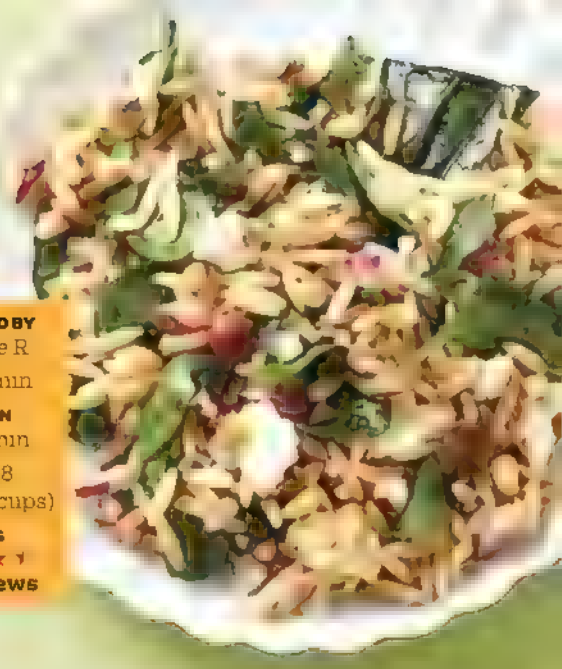
armagazine.com/spinach_orzo_salad

"A light, easy-to-make salad that's pleasing to the palate." —CHRISTINE R.

- **1 (16-ounce) box dried orzo pasta**
- **1 (10-ounce) package fresh baby spinach leaves, finely chopped**
- **½ pound crumbled feta cheese**
- **½ red onion, finely chopped**
- **¾ cup pine nuts** *[From our kitchen: Toast the pine nuts—it makes a big difference in flavor!]*
- **½ teaspoon dried basil** *[From our kitchen: Fresh basil adds some serious flavor to this dish; try substituting 1 tablespoon chopped fresh for the dry.]*
- **¼ teaspoon white pepper** *[From our kitchen: The white pepper gets lost among the big flavors of this salad; we recommend using ½ teaspoon salt and ½ teaspoon black pepper, instead.]*
- **½ cup olive oil**
- **½ cup balsamic vinegar**

Bring a large pot of lightly salted water to a boil. Add orzo and cook for 8 to 10 minutes or until al dente, drain and rinse with cold water. Transfer to a large bowl and stir in spinach, feta, onion, pine nuts, basil, and white pepper. Toss with olive oil and balsamic vinegar. Refrigerate and serve cold *[From our kitchen: We found the pasta got gummy when chilled; serve as soon as made for best texture and flavor.]*

PER 1½-CUP SERVING 490 CAL, 26.9g FAT (7.3g SAT), 15.8g PRO, 49g CARB, 3.3g FIBER, 349mg SODIUM, 25mg CHOL



SUBMITTED BY Christine R
PREP 20 min
READY IN 1 hr 20 min
SERVES 8 (makes 12 cups)
RATING ★★★★½
433 reviews

Took this to my son-in-law's extended-family picnic. Only thing I did different was to add some sun-dried tomatoes, artichoke hearts, and olives. I got raves. One cousin texted my daughter the next day: "I can't stop thinking about that orzo salad from your mom. Could you beg her for the recipe?" – ROSIES

Spinach Basil Pesto

armagazine.com/spinach_basil_pesto

"This sauce is perfect for freezing in an ice cube tray. I just pop out a couple of cubes from the freezer and add to a pasta dish for a quick-and-easy meal. The Parmesan cheese can be omitted and added after thawing. Pour any pesto you aren't using immediately into an ice cube tray, cover with plastic wrap, and store in freezer." –DIANNE

- **1½ cups fresh baby spinach**
- **¾ cup fresh basil leaves**
- **½ cup toasted pine nuts**
- **½ cup grated Parmesan cheese**
- **4 cloves garlic, peeled and quartered**
- **¾ teaspoon kosher salt**
- **½ teaspoon black pepper**
- **1 tablespoon fresh lemon juice**
- **½ teaspoon lemon zest**
- **½ cup extra-virgin olive oil**

Blend spinach, basil, pine nuts, Parmesan cheese, garlic, salt, pepper, lemon juice, lemon zest, and 2 tablespoons oil in a food processor until nearly smooth, scraping down sides of the bowl with a spatula as necessary. Drizzle remaining oil into the mixture while processing until smooth.

PER 2-TABLESPOON SERVING 67 CAL, 6.6g FAT (1.2g SAT), 1.5g PRO, 0.8g CARB, 0.2g FIBER, 87mg SODIUM, 1mg CHOL

A really delicious and easy recipe. I poured the entire batch over cooked cheese ravioli I bought frozen at the store. It KILLED at my house. Many thumbs-up! –SARA ROSE

This pesto is seriously flavorful! The spinach lightens it up but the basil still comes through, and the addition of lemon gives it just the right amount of acidity. Keeping it frozen in small cubes makes it convenient to have on hand.

SUBMITTED BY Dianne
PREP 20 min
READY IN 20 min
MAKES 1½ cups
RATING ★★★★½
211 reviews

Blipp to see how easy this is, or go to **armagazine.com/spinach-basil-pesto-video**

Hidden Gem

Kale with Pine Nuts and Shredded Parmesan

armagazine.com/kale-with-pine-nuts

Kale is sautéed in butter and tossed with toasted pine nuts and shredded Parmesan cheese. Looks fancy enough for the holidays!" —MOTTSBELA

SUBMITTED BY MOTTSBELA
PREP 10 min
COOK 15 min
READY IN 24 min
SERVES 4 (makes 3 cups)
RATING ★★★★½
10 reviews

This was my first time cooking kale and this recipe was simple and let the kale shine. I did use about half the butter called for in the recipe, and omitted the Parmesan (because we were also having macaroni and cheese). My 7-year-old said it was "chewy," but she liked it! —JENMC

- **¼ cup pine nuts**
- **¼ cup butter**
- **1 bunch kale, stems removed and leaves washed and roughly chopped (about 8 cups)**
- **1 teaspoon white vinegar**
- **Salt and black pepper to taste**
- **½ cup shredded Parmesan cheese**

Toast pine nuts in a skillet over low heat until golden brown and fragrant, about 5 minutes.

Melt butter in a large skillet over medium heat. Add kale and cook until tender, 10 minutes. *[From our kitchen: We added ½ teaspoon salt to kale while cooking, which helps make it more tender and flavorful.]*

Toss cooked kale with vinegar and salt and pepper to taste in a serving bowl. Sprinkle with pine nuts and Parmesan cheese to serve.

PER 3/4-CUP SERVING 249 CAL, 19.5g FAT (9.7g SAT), 9.7g PRO, 12.9g CARB, 2.5g FIBER, 379mg SODIUM, 39mg CHOL

Chili-Roasted Kale

armagazine.com/chili-roasted-kale

"This recipe was adapted from one of my favorite methods of preparing broccoli and cauliflower—roasting at high heat with the bold flavor of chili powder. The result with kale is a little outrageous—fiery flavor with a unique crispy texture!" —SJRJA

- **½ pound kale, stems removed and leaves washed and torn into large pieces (4 cups)**
- **1 tablespoon extra-virgin olive oil**
- **1 tablespoon chili powder**
- **½ teaspoon kosher salt**
- ***[From our kitchen: If you don't have kosher salt on hand, substitute with only ¼ teaspoon regular salt.]***

Preheat oven to 400°F.

Put kale into a large mixing bowl, and drizzle with oil. Toss until evenly coated, then sprinkle with chili powder and salt, and toss again. Spread kale onto a baking sheet.

Roast for 5 minutes, then stir kale and continue roasting until the edges become brown and a little crispy, 5 to 8 minutes more. Serve immediately.

PER 1-CUP SERVING 70 CAL, 4.2g FAT (0.6g SAT); 2.5g PRO; 7.8g CARB, 2g FIBER, 289mg SODIUM; 0mg CHOL

This was so good my husband and I stood at the stove and ate it before we ever got a chance to put it on a serving plate! This was also our first time eating kale...yum! I didn't expect it to be so crispy—nice surprise. My toddler ate it even after I told him it was leaves! —JJREID95

SUBMITTED BY SJRJA
PREP 15 min
COOK 10 min
READY IN 25 min
MAKES 3 cups
RATING ★★★★½
30 reviews

Baked Asparagus with Balsamic Butter Sauce

armagazine.com/baked-asparagus

"This is a simple and delicious side dish. Fresh asparagus is baked until tender and dressed with a blend of butter, soy sauce, and balsamic vinegar." —CAE

- **1 bunch fresh asparagus, trimmed** *[From our Choose asparagus of similar thickness for even cooking; ½ inch is just about right.]*
- **Cooking spray**
- **Salt and black pepper to taste**
- **2 tablespoons butter**
- **1 tablespoon soy sauce**
- **1 teaspoon balsamic vinegar**

1. Preheat oven to 400°F.
2. Arrange asparagus on a baking sheet. Coat with cooking spray, and season with salt and pepper to taste.
3. Bake asparagus 12 minutes, or until tender.
4. Melt butter in a saucepan over medium heat. Remove from heat, then stir in soy sauce and vinegar. Pour over the baked asparagus to serve.

PER 2.7-OUNCE SERVING 77 CAL; 5.9g FAT (3.7g SAT); 2.8g PRO; 4.9g CARB; 2.4g FIBER; 366mg SODIUM; 15mg CHOL

Blipp to see how easy this is, or go to **armagazine.com/baked-asparagus-video**

SUBMITTED BY CAE
PREP 10 min
COOK 15 min
READY IN 25 min
SERVES 4
RATING ★★★★½
1,412 reviews

SUBMITTED BY Chef John
PREP 15 min
COOK 25 min
READY IN 40 min
SERVES 4
RATING ★★★★★
7 reviews

"This was the best asparagus recipe I have ever had the pleasure of making and eating. The egg part was a bit tricky to make, but on the second try it came out perfect. Be patient with that

Hidden Gem

Roasted Asparagus, Prosciutto, and Egg

armagazine.com/asparagus-prosciutto-egg

"Yes, cooking prosciutto does make dishes salty, but the taste of this dish is actually quite mild and pleasant to my palate." —CHEF JOHN

- **1 bunch fresh asparagus, trimmed**
- **2 tablespoons olive oil**
- **2 ounces finely chopped prosciutto**
- **Salt and black pepper to taste**
- **1 teaspoon distilled white vinegar**
- **4 eggs**
- **½ lemon, zested and juiced**

1. Preheat oven to 425°F. Put asparagus in a baking dish and drizzle with 1 tablespoon olive oil.
2. Heat remaining tablespoon oil in a skillet over medium-low heat. Add prosciutto; cook, stirring occasionally, until rendered, 3 to 4 minutes. Sprinkle prosciutto and oil over asparagus. Season with pepper and toss to coat. Roast for 10 minutes. Toss and return to oven until firm yet tender to the bite, 5 minutes more.
3. Fill a large saucepan with 2 to 3 inches of water and bring to a boil over high heat. Reduce heat to medium-low, then add vinegar and pinch of salt. Crack 1 egg into a bowl, then gently slip the egg into the water. Repeat with remaining eggs. Poach eggs until whites are firm and yolks have thickened but are not hard, 4 to 6 minutes. Remove eggs from water with a slotted spoon, gently pat with paper towels to remove excess water, then transfer to a warm plate.
4. Drizzle asparagus with lemon juice; divide among plates. Top each with a poached egg and pinch of lemon zest. Season with salt and pepper.

PER SERVING 199 CAL; 15.7g FAT (4.1g SAT); 10.8g PRO; 5.1g CARB; 2.5g FIBER; 503mg SODIUM; 198mg CHOL

Blipp it to watch it, or go to **armagazine.com/asparagus-prosciutto-egg-video**

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Cooking School

Be Chicken (It's OK, Really.)

You're afraid. You've never cut up a whole chicken in your whole life, right? You're not alone. Common reasons why: "It intimidates me," some claim, or "It takes too long." Others say, "The store's already done it for me."

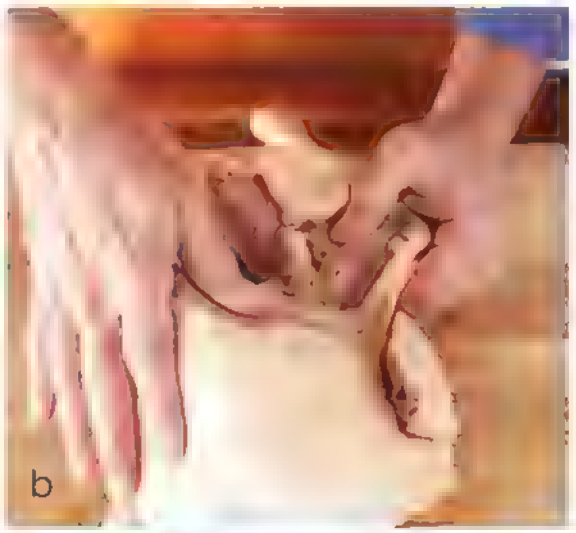
Pluck up, people. Cutting up a chicken is so worth it: cost (less than half), flavor (high because skin and bones keep the meat moist), versatility (huge), and time (just 10 minutes once you get the hang of it).

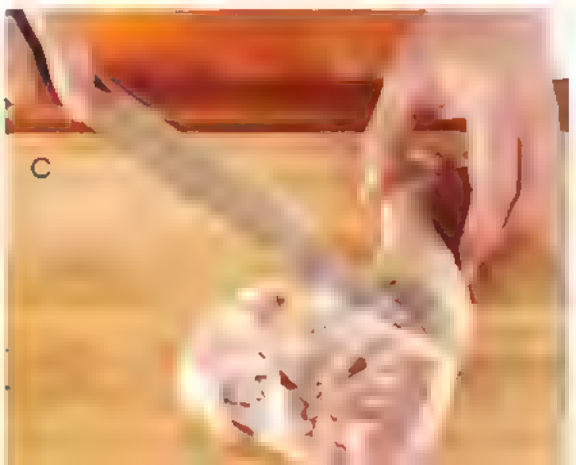
1 Getting started
You'll need a cutting board and an extremely sharp knife. (Want to know the right way to sharpen your knife? Check out "Get Sharp!" in our Feb/Mar 2014 issue.) Remove all the yucky stuff in the cavity, throw out the liver, and put the rest (neck, heart, giblets, etc.) aside to make insanely great chicken stock later (pop it all in a zip-top bag and stick it in the freezer if you're not going to make it right away). Then put the bird on the cutting board, breast side up.

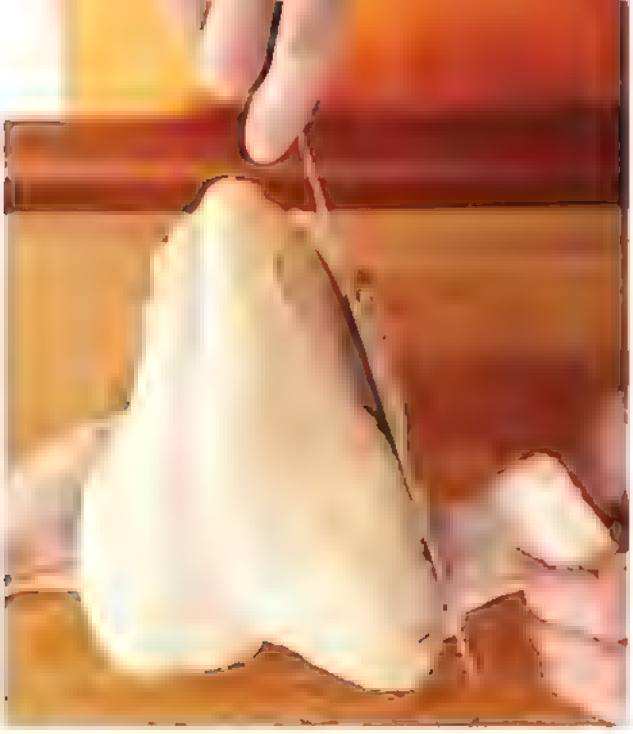
2 Remove the legs and thighs
a. Slice the skin between the breast and leg. Pull the leg away from the chicken and cut enough to expose the thigh bone.
b. Holding the bird, pull the thigh backward until the joint pops. Then cut down between the bones until you've separated the thigh from the chicken. Repeat this for the other leg.
c. To separate the drumstick and thigh, flip leg skin side down and look for a line of fat that runs between the two pieces (fat *can* come in handy sometimes...). Cut down along that line.

HOW MUCH YOU LOVE CHICKEN

- Chicken recipes account for **15%** of all recipes on Allrecipes.com.
- Chicken plays the starring role in **4,603** of those recipes, and a total of **8,241** recipes include chicken as an ingredient.
- The site's **#1 top recipe**, as rated by users, is Chicken Pot Pie IX—and you'll find it in this issue, on page 119!
- Chicken soup and baked chicken are the **top two chicken-recipe categories**, followed by pot pie, wings, and barbecue.
- In the last year, **Indian flavors** in chicken recipes (such as curry and tikka masala) have risen in popularity faster than Mexican (like enchiladas and tortilla soup) or Asian (orange chicken and stir-fry).







3 Remove the wings and back

Pull the wing away from the body. With your thumb, feel for where the wing meets the chicken (there's a little ridge). Cut all the way down through that joint. To remove the back, A line of fat runs diagonally from the top of the cavity along the outside edge of each breast toward the backbone (near where the wings were). Cut along that line, all the way to the neck (kitchen shears can work, too). Do the same with the other breast, then reach underneath the bird and snap the backbone back, cutting as needed to remove it.

4 Separate the breasts

a. With breasts skin side down, slit the cartilage between them (it's at the larger end of the breasts) until you hit bone.
b. Rotate the breasts apart along the cartilage line to expose the breastbone. Using your thumbs, continue separating the cartilage toward the tip of the breasts. Pull the breastbone up and out (the cartilage will come out with it).
c. Flip the breasts and smooth out the skin so it evenly covers both breasts. Then slice right down the middle to separate them.

SUPREME STOCK

A big bonus for cutting up a chicken is homemade stock. Plunk the backbone and cavity parts (see step 1 at left) into a stockpot, cover them with water, and add whatever vegetables you have on hand—we like garlic, celery, onion, and carrots. Then just simmer a couple of hours, and strain out the solids. *Warning*: Store-bought stock will never taste the same again!

Blipp it to watch how easy it is to make stock (page 5 has blipp details), and to see an easy recipe for Roasted Chicken with Lemon and Rosemary. Or go to **armagazine.com/chicken-stock** for the video.

WHY IT'S WORTH IT

WHOLE FRYER **$1.52** per pound

BONELESS, SKINLESS BREASTS **$3.45** per pound

CHICKEN LEGS, BONE-IN **$1.58** per pound

* Source: Bureau of Labor Statistics, Nov 2013

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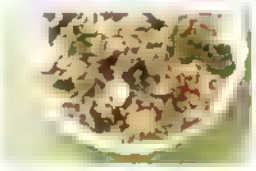

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Gluten-free = Contains no wheat, rye, or barley (or products such as bread or pasta that typically contain or are processed with those grains). Products vary by brand; a ways check ingredient labels to avoid hidden sources of gluten.
MyPlate = In line with U.S. Department of Agriculture healthy eating guidelines, based on a 2,000-calorie-per-day diet that emphasizes produce, lean protein, whole grains, and calcium-rich ingredients and minimizes added fats, sugar, and sodium.
Vegan = Contains no animal products.
Vegetarian = Contains no meat, poultry, or seafood (does contain dairy products and eggs).

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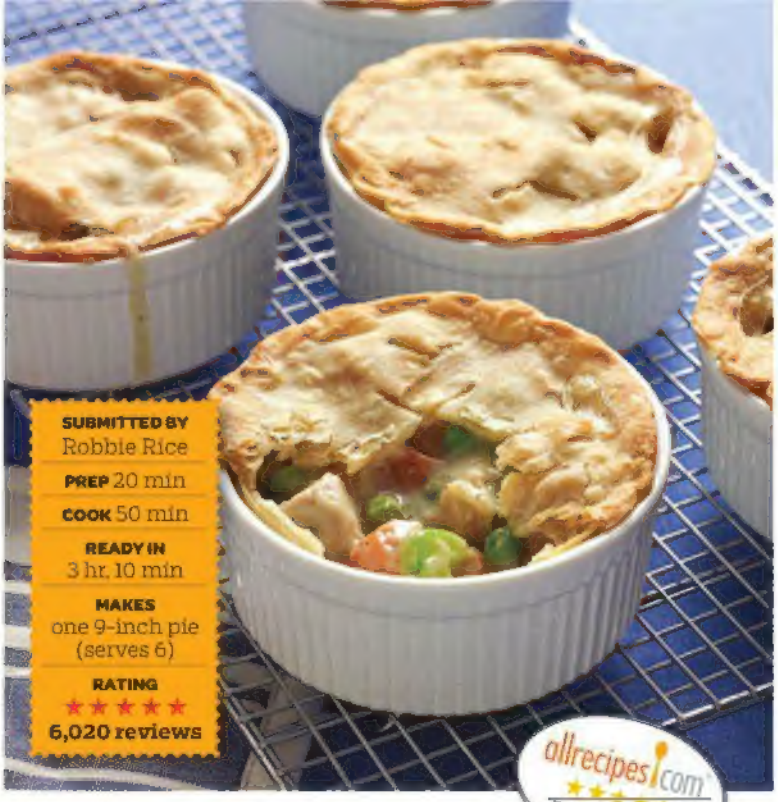

CHICKEN POT PIE IX

armagazine.com/chicken-pot-pie

"A delicious chicken pie made from scratch with carrots, peas, and celery." —ROBBIE RICE

- **1 pound skinless, boneless chicken breast halves, cut into ½-inch cubes**
- **1 cup sliced carrots**
- **1 cup frozen green peas**
- **½ cup sliced celery**
- **⅓ cup chopped onion**
- **⅓ cup butter**
- **⅓ cup all-purpose flour**
- **½ teaspoon salt**
- **¼ teaspoon black pepper**
- **¼ teaspoon celery seed**
- **1¾ cups chicken broth**
- **⅔ cup milk**
- **2 (9-inch) unbaked pie crusts**
  [From our kitchen: We used prepared refrigerated pie crust, but if you prefer to make your own, you can do it the night before to speed dinner along the next day.]

1. Preheat oven to 425°F.
2. In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain, and set aside. *[From our kitchen: We suggest keeping the cooking liquid and using it to supplement the chicken broth in step 3.]*
3. In the same saucepan, over medium heat, cook onion in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat, stirring frequently, until thick. Remove from heat and set aside.
4. Put 1 prepared pie crust in a 9-inch pie plate and spoon chicken mixture into it. *[From our kitchen: When we made a large pie, we found a 9½-inch pie plate worked best for holding the filling.]* Pour hot broth mixture over the filling. Cover with remaining crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape. *[From our kitchen: We also made four 5-inch mini pies. If you want to try that, roll out 1 crust into a 13-inch round, then cut into quarters, fitting each quarter into a 5-inch mini pie plate or ramekin. Divide filling among the mini pie plates, and top with broth mixture. Roll out remaining crust into a 12-inch round, and cut out four 6-inch circles for top crusts, trimming the edges.]*
5. Bake pie on a baking sheet for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. *[From our kitchen: When we made the mini pot pies, we baked them for 30 minutes.]* Cool for 10 minutes before serving.

PER SERVING 553 CAL; 32g FAT (12.1g SAT); 24.9g PRO; 40.8g CARB; 4.4g FIBER; 969mg SODIUM; 75mg CHOL

PHOTO (POT PIE): SHERI GILLIN. FOOD STYLING: PAUL GRIMES. PROP STYLING: STEPHANIE HANES. PHOTO (FAMILY): COURTESY OF ROBBIE RICE

Winner, Winner Chicken Dinner

If you go onto Allrecipes.com looking for a classic chicken pot pie recipe, chances are you'll probably click on Chicken Pot Pie IX, top-rated and with more than 6,000 rave reviews. We checked in with Robbie Rice to get the story behind her 5-star gem.

I've been making this recipe since I was in sixth grade. It was handwritten on an old, stained index card I found in my mom's recipe box. I'd carefully follow every step, trying to prove my cooking skills to my family. This was the very first thing I ever cooked for my grandma, and I think I won her culinary approval!

Now that I'm cooking for a family of my own, I have a different audience to impress: my daughter. She meticulously picks out the peas (I swear I'll convert her to a pea-lover one of these days!). Seeing how thousands of people have enjoyed my chicken pot pie with their families over the years makes me feel like I've made a difference—even if they pick out the peas!
—ROBBIE RICE

YOU SAID

This was soooooo good! If you're looking for a killer, delicious, yum-o comfort food recipe that EVERYONE will love, this is it! Look no further! —CLAYZZLE

I've been cooking this for years now, making 2 dozen mini pies in my muffin tin, baking for 20 minutes. I love these mini pies because I'm constantly on the run and can eat them with one hand without a fork and knife! —MAYA B.

The BEST part for me when I made this was when my VERY picky-eater husband—to the point that I don't normally care if he eats what I fix or not (no judging, I'm telling you he's a pain)—enjoyed his SECOND helping and declared it an absolute hit! I cannot tell you how excited I am about this! —THAWIFF

Blipp now to see how easy this is to make! (Blippar details are on page 5.) Or go to armagazine.com/chicken-pot-pie-video

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